COOKBOOK

WOMENS ASSOCIATION
OF
CREDIT MANAGEMENT
WICHITA, KANSAS

WHOLESALE CREDIT WOMEN
OF WICHITA

COLLECT

Keep us, Oh God, from pettiness;
Let us be large in thought, in word, in deed.

Let us be done with fault-finding
And leave off self-seeking.

May we put away all pretense
And meet each other face to face
Without self-pity and without prejudice.

May we never be hasty in judgment
And always be generous.

Let us take time for all things;
Make us grow calm, serene, gentle.

Teach us to put into action our better impulses,
Straightforward and unafraid.

Grant that we may realize
It is the little things that create differences;
That in the big things of life we are as one.

And may we strive to touch and to know
The great, common human heart of us all.

And, Oh Lord God, let us not forget to be kind.

MARY STEWART

DEDICATED

IN THE MEMORY OF

FREDDIE DEISSROTH

SPONSOR AND FOUNDER

OF

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OF WICHITA, KANSAS

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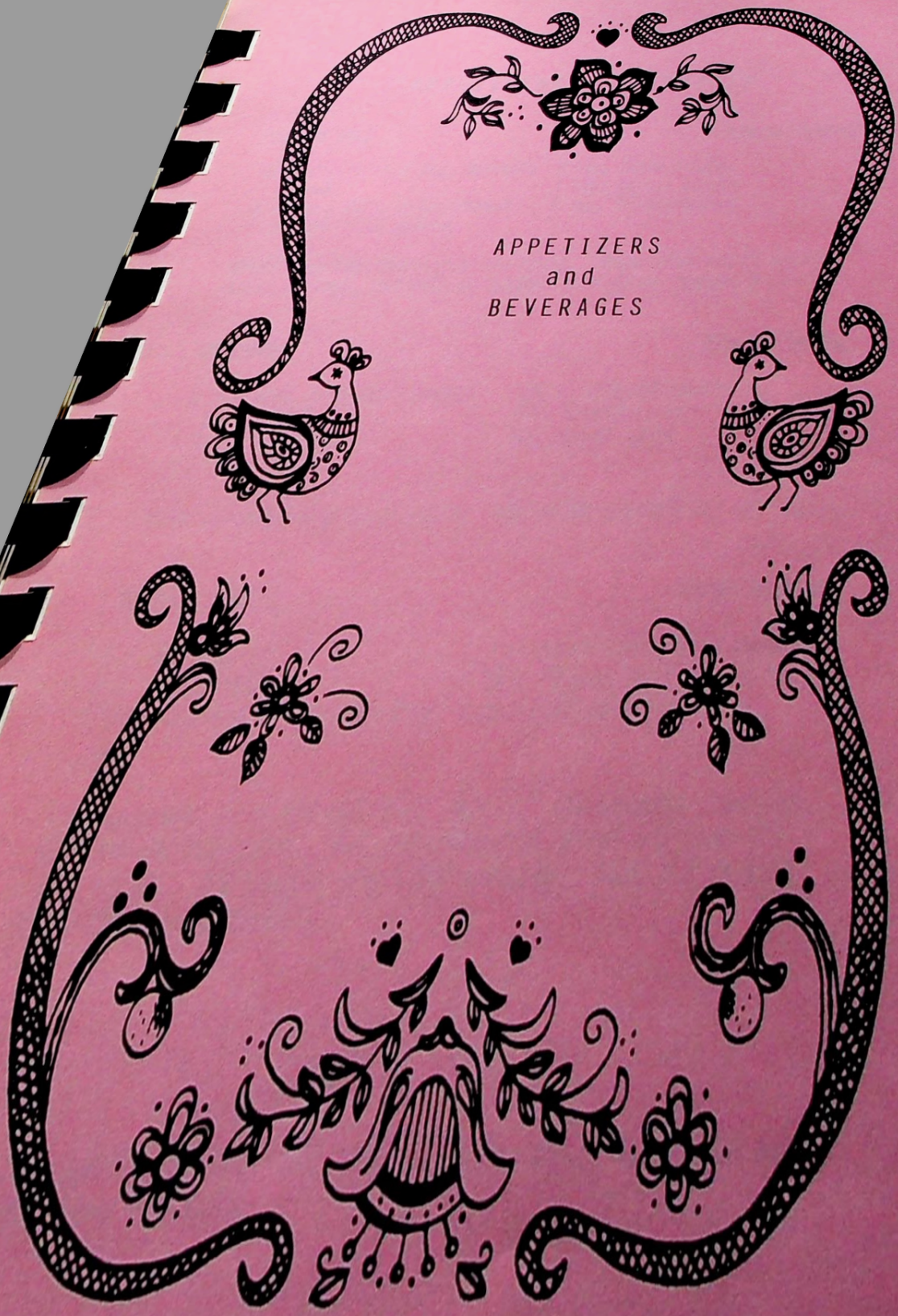
APPETIZERS and BEVERAGES



APPETIZERS - BEVERAGES

CHEESE BALL

Almeda Fleming

2/3 of a (2 lb.) pkg. Velveeta cheese
2 (8 oz.) pkgs. cream cheese
2 oz. pkg. blue cheese
2 tsp. onion powder
1 tsp. garlic powder
1 tsp. celery powder

Blend together thoroughly and chill. Shape into two (5 inch) balls or logs, and roll in chopped parsley or chopped pecans.

GUACAMOLE

Almeda Fleming

2 ripe med. avocados, peeled and seeded
2 T. lime juice
1/2 tsp. salt
1/2 c. chopped tomato
2 T. minced onion
Hot pepper sauce

Mash avocados with lime juice. Add other ingredients and chill.

SPINACH SPREAD

Karen Balbierz

1 c. mayonnaise
1 c. sour cream
1 pkg. Knorr's dried vegetable soup
1 can water chestnuts, chopped
1 pkg. frozen spinach (10 oz.)
1 lb. loaf dark rye bread

Thaw spinach, chop and pat dry. Mix all ingredients together. Refrigerate overnight. Cut out center of bread and pour dip into center. Use excess bread for dipping. This dip is also good with raw vegetables.

God gives each bird the food that suits it best, But never hangs the food above the nest.

SHRIMPLY DIVINE

Karen Balbierz

1 (3 oz.) cream cheese, softened
1 c. sour cream
2 tsp. lemon juice
2 T. chopped green pepper
1/2 c. finely chopped shrimp or 1 full can of sm. shrimp
.70 (1 pkg.) of Italian salad dressing mix

Mix all ingredients together. Let chill one hour before serving.

PARTY SAUSAGE

Karen Balbierz

2 lbs. extra lean hamburger meat
2 T. curing salt
2 T. liquid smoke
1/4 tsp. onion powder
1/4 tsp. garlic powder
1/4 tsp. black pepper, not ground

Mix all ingredients together and work meat. Roll into three small rolls. Wrap in Saran Wrap and put in refrigerator for 24 hours to 3 days. Cook at 300° for one hour on a cookie sheet. Will be a pinkish color. Do not overcook.

APPETIZER CHEESECAKE

Pat Oakes

1 c. dairy sour cream
1/4 c. finely chopped green pepper
1/4 c. finely chopped celery
2 T. finely chopped pimento, stuffed green olives
2 T. finely chopped onion
1 tsp. lemon juice
1/2 tsp. Worcestershire sauce
2/3 c. rich round cheese cracker crumbs, about 16 crackers

Thoroughly combine all ingredients except cracker crumbs. Line 1 1/2 cup bowl with clear plastic wrap. Reserve some of the cracker crumbs for garnish. Spread about 1/2 cup sour cream mixture in bottom of bowl. Add about 1/4 cup crumbs. Repeat layers using crumbs and sour cream mixture. Chill overnight. Turn out on serving plate; remove plastic wrap and top with reserved crumbs. Serve with crackers and fresh vegetables.

HORSE-AROUNDS

Pat Oakes

1 c. banana
1/4 c. horseradish
12 thin slices cooked ham

Mash bananas and mix with horseradish. Spread mixture on slices of ham. Roll up and cut in 1 inch slices. Serve each with wooden pick as appetizers. Makes about 48.

COTTAGE CHEESE SPREAD

Pauline Anderson

1 c. cottage cheese
1 T. minced onion
3 T. butter, melted
1/4 tsp. salt

In a small mixing bowl beat cottage cheese until fairly smooth. Add melted butter, onion, and salt. Use as a spread for sandwiches. Good with cooked ham and tomato.

SMOKY BEEF DIP

Pauline Anderson

2 c. cottage cheese
1 T. minced onion
1 pkg. (3 1/2 oz.) smoked sliced beef, finely chopped
1 T. chopped parsley
Freshly ground pepper to taste

In a small mixing bowl beat cottage cheese until fairly smooth. Add beef, onion, parsley and pepper. Blend well. Serve with crisp vegetables such as carrot, green pepper and celery sticks.

CRAB DIP

Cleda Ross

1 (3 oz.) cream cheese
2 T. Pet milk
1 (7 oz.) can crab, drain flakes
1/4 tsp. Worcestershire sauce
1 tsp. lemon juice
1/3 c. mayonnaise
1/2 tsp. grated onion

Blend all ingredients together. Refrigerate until about 30 minutes before serving.

HOT PEPPER DIP

Ann Greenlee

2 sm. hot peppers
1 c. cottage cheese
1/2 c. yogurt
1 T. vinegar
1 lg. green or red pepper

Remove the seeds from the hot peppers and chop finely. Add the cottage cheese to the peppers and blend until smooth. Stir in yogurt and vinegar, refrigerate for at least 2 hours. Slice off the top of green or red pepper and hollow it out. Pour in the dip and place in the center of a platter of cold raw vegetables. Makes about 1 1/2 cups.

SHIRLEY'S DIP

Ann Greenlee

2 (8 oz.) pkgs. cream cheese, softened
4 tsp. anchovy paste
3 tsp. onion juice
3 tsp. lemon juice

Beat all ingredients together. Refrigerate several hours to blend flavors. Better if served at room temperature when dip is softer. Makes approximately 2 cups.

CHEESE BALLS

Pat Oakes

3 oz. pkg. cream cheese
1/2 c. shredded carrots
1/2 c. crushed nuts, any kind
1/2 c. finely chopped parsley

Make very tiny balls of cheese, roll some in carrots, some in finely crushed nuts and others in parsley. Arrange in color pattern on large plate or tray. Serves 6.

The greatest mistake you can make in life is to be continually fearing you will make one.

GALAXY CHEESE BALL

Blanche Hobbs

2 1/2 c. (10 oz.) shredded sharp Cheddar cheese
8 oz. pkg. Philadelphia cream cheese
2 1/2 oz. pkg. smoked beef slices, finely chopped
1/4 c. green onion slices
1 tsp. Worcestershire sauce

Combine Cheddar cheese and softened cream cheese, mixing until well blended. Add remaining ingredients; mix well. Chill 3 hours or overnight. Shape into ball Cracker Barrel brand sharp natural Cheddar cheese is the best Cheddar cheese to use for this recipe.

BLUE CHEESE-LEMON DIP

Pat Redd

1/4 c. crumbled blue cheese
1/4 c. salad oil
1/4 tsp. lemon juice
1/2 c. dairy sour cream
1/4 tsp. garlic salt
1/4 tsp. salt

Mash cheese with fork, blend in oil and beat until smooth. Mix in remaining ingredients thoroughly. Cover large bowl, 8 to 9 inches. Refrigerate 4 hours to blend flavors. Serve dip at room temperature.

KAHLUA DIP

Ann Greenlee

8 oz. cream cheese
1/4 c. Kahlua
2 T. light cream
2 T. chopped toasted blanched almonds

Soften cream cheese. Gradually beat in Kahlua and cream until mixture is smooth. Stir in almonds serve with vanilla wafers and fruit such as strawberries, bananas, pineapple chunks or fresh apple wedges for dipping. Makes 1 1/3 cups.

Hope is most powerful when backed up by action.

DIPSY DOODLE DIP

Pat Oakes

1/2 c. sweet pickles
1/2 c. pimento stuffed olives
1 sm. onion
1 sm. green pepper
1 clove garlic
1 pkg. (8 oz.) cream cheese
1 T. cream
1/2 c. mayonnaise
1/4 c. ketchup

Chop pickles, olives, onion, pepper and garlic until fine. Drain off all juice. Blend softened cream cheese with cream. Add mayonnaise and ketchup; blend with electric mixer. Add chopped ingredients and blend well. Chill and serve with chips or as a spread for party crackers.

DILL CHIP DIP

Pat Oakes

16 oz. cream cheese
2 boiled eggs
1 1/2 dill pickles
1 sm. onion
1/4 tsp. garlic salt
1 c. salad dressing

Cut dill pickle, onion, and eggs fine. Mix with remaining ingredients, adding salad dressing last. Store in covered container in refrigerator. Serve with crackers or chips. Serves 25 people.

SPINACH DIP

Blanche Hobbs

2 c. Hellmann's real mayonnaise
1/2 c. parsley sprigs
1/2 sm. onion, cut up
1 sm. clove garlic
1 T. lemon juice
1/4 tsp. pepper
1 pkg. (10 oz.) frozen chopped spinach, thawed, drained on paper towels

In covered blender container blend all ingredients at high speed just until finely chopped. Cover; refrigerate at least 4 hours. Makes 2 3/4 cups. Can be made one or two days before serving.

Killing time is not murder - it's suicide!

JEZEBEL SAUCE

Pat Oakes

1 jar apple jelly (10 oz.)
1 jar (10 oz.) apricot preserves
1 jar (6 oz.) horseradish
1/2 can (1 1/2 oz.) dry mustard
1 tsp. pepper

Combine all ingredients in pan and heat till boiling. Allow to cool; then pour this sauce over an 8 ounce block of cream cheese on a serving dish that has low sides. Serve this with snack crackers-the shredded wheat crackers are especially good.

THE MOONLIGHT DIP

Pat Oakes

1 c. mayonnaise
1 c. Marshmallow Creme
1 tsp. grated orange rind
1 tsp. ground ginger

Put all ingredients in a bowl and blend well. Serve as a dip with fresh fruit or well drained canned fruit chunks in own juice. Makes 2 cups.

DEVILED PINEAPPLE DIP

Pat Oakes

3/4 c. pineapple chunks, drained
2 cans (2 1/2 oz.) deviled ham
1 pkg. (3 oz.) cream cheese, broken into pieces

Put all ingredients in blender container in order listed; cover container and mix well until smooth. Makes about 1 1/2 cups. Refrigerate until ready to serve. This recipe doubles well.

Tolerate opinions only when facts are lacking.

HOLIDAY PARTY DIP

Ann Greenlee

1 c. mayonnaise or salad dressing
1 (8 oz.) container sour cream
1 (8 oz.) can water chestnuts, drained and finely chopped
2 T. chopped pimento
1 T. sliced green onion
2 tsp. beef flavor instant bouillon
1/2 tsp. Worcestershire sauce
1/4 tsp. garlic powder
Fresh vegetables or potato chips

In medium bowl, combine all ingredients except fresh vegetables; mix well. Cover; chill. Stir before serving. Garnish with additional green onion if desired. Serve with vegetables. Refrigerate leftovers. Makes about 2 1/2 cups.

CHEESE DIP

Ann Greenlee

2 lbs. Velveeta cheese
1 lb. longhorn cheese
1/2 c. milk
1 (6 oz.) jar hot or mild taco sauce

Melt cheese with milk and add taco sauce.

DILL DIP

Jean Sorg

1 c. sour cream
1 c. mayonnaise, can not be salad dressing
1 tsp. Beau Monde spice
1 tsp. dill weed
1 T. flaked parsley
1 T. flaked onion

Mix together and refrigerate overnight for best results.

FABULOUS FRUIT DIP

Blanche Hobbs

8 oz. pkg. Philadelphia brand cream cheese
7 oz. jar Kraft Marshmallow Creme

Combine Marshmallow Creme and softened cream cheese. Mixing until well blended. Serve with assorted fresh fruit, such as strawberries, chunks, or pound cake cubes. 2 cups.

HOT CHEESE DIP

Karen Balbierz

1 lb. lean ground beef
1/2 onion, chopped
2 T. chili powder
1 (10 oz.) can tomato soup
1 (32 oz.) pkg. Velveeta cheese
1 med. chopped green pepper
1 (10 oz.) can cream of mushroom soup
1 (16 oz.) pkg. sharp Cheddar cheese, shredded

In large pot, melt Velveeta cheese on medium heat. Add tomato soup and cream of mushroom soup. Brown ground beef in skillet with onion. Add green pepper and simmer for five minutes. Add chili powder and simmer five minutes longer. Remove any excess grease. Add ground beef mixture to cheese mixture. Add sharp Cheddar cheese and stir. Lower heat and cook until all cheese has melted.

MUSHROOMS FRITTERS

Pat Oakes

1/2 c. biscuit mix
1 c. sliced fresh mushrooms
2 T. chopped onion
1/4 tsp. salad seasoning
1 egg
4 T. sour cream
Hot oil for deep frying

Beat egg and add to sour cream. Mix together with biscuit mix, mushrooms, onion and seasoning. Drop by small spoonfuls into hot oil and fry until golden on each side. Serve as an appetizer. Makes about 15 fritters.

QUICK COCOA SYRUP

Ann Greenlee

3/4 c. cocoa
1/4 c. sugar
1/2 c. water
1/8 tsp. salt
1 c. syrup, white or dark

Combine cocoa, sugar and salt. Add syrup and water. Stir over low flame until sugar is dissolved and then cook for 5 minutes. Remove from stove and cool. Store in covered jar in refrigerator. Use 2 tablespoons to 1 cup milk or use as topping for ice cream.

FRUIT WINE PUNCH Blanche Hobbs

1 jug (1.5 liters) Rhine wine
1 c. Karo light corn syrup
Grapes, orange and lemon slices
1 bottle (28 oz.) club soda, chilled

In punch bowl mix wine and corn syrup. Add fruit. Cover; refrigerate several hours. Before serving add soda and ice. Makes 24 (4 ounce) servings. Mix and chill early in the day.

HOT TOMATO BOUILLON (Makes 4 - 6 drinks) Blanche Hobbs

1 pt. strong beef bouillon
1 pt. tomato juice
1 sm. onion, stuck with 4 cloves
1 lemon, cut into wedges

In pan, combine bouillon, tomato juice and clove studded onion. Bring all to boil. Reduce heat and simmer 5 minutes. Strain into vacuum container. Serve with lemon wedges, a pepper mill, and vodka, if desired.

SPICE PARTY PUNCH Ann Greenlee

48 oz. cranapple juice
6 oz. frozen orange juice concentrate
6 oz. can frozen lemonade concentrate
1 c. sugar
1/2 c. red hot cinnamon candies
2 qts. water
2 sticks cinnamon
1 tsp. whole cloves

Wrap cinnamon and cloves in small piece of cheesecloth. Combine with remaining ingredients. Heat until candies are melted. Remove spices and serve hot. Serves 20 (2/3 cup) servings.

MINT TEA Jean Sorg

18 (6 in.) long sprigs of mint
3 1/2 T. leaf tea
4 c. boiling water
1 3/4 c. sugar
2 c. boiling water

Continued Next Page

MINT TEA (Continued)

Place mint and tea in large bowl. Pour 4 cups of boiling water over the mint and tea. Let mixture steep for 45 minutes. Strain the mixture and to the liquid add sugar, lemon juice and remaining water. Mix well and add enough cool water to make 1 gallon of tea.

HOT CHOCOLATE — Jean Sorg

8 qts. powdered milk
1 lb. powdered sugar
7 oz. powdered cream
1 lb. Nestle's Quik

Combine all ingredients in very large container and mix well. Place 4 tablespoons mix in cup. Add boiling water and stir.

SPICE TEA — Ann Greenlee

2 c. sugar
1 c. Tang
1/2 c. instant tea
4 tsp. lemon flavored tea
1 tsp. cinnamon
1/2 tsp. ground cloves

Mix 3 teaspoons of this mixture with one cup boiling water for one serving.

ST. PATRICKS PARTY PUNCH — Jean Sorg

4 pkgs. lemon-lime Kool-Aid
6 c. sugar
2 (6 oz.) cans frozen orange juice
4 (6 oz.) cans frozen lemonade
1 (46 oz.) can pineapple juice
2 to 3 bottles ginger ale
30 c. water

Mix all ingredients in very large punch bowl. Serve chilled.

ADDITIONAL RECIPES

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COTTAGE CHEESE BLINTZES

Pauline Anderson

BLINTZES:

Heavy skillet, 8 in.
3/4 c. regular all-purpose flour
1/2 tsp. salt
3 eggs, well beaten
1 1/2 c. milk
Butter, melted

COTTAGE LEMON FILLING:

2 c. cottage cheese, well drained
1 egg, slightly beaten
1/4 c. dairy sour cream
1/4 c. sugar
2 T. softened butter
2 tsp. grated lemon rind
1/2 tsp. vanilla

To prepare Blintzes - Mix flour and salt together. Add to eggs alternately with milk, mixing well. Preheat skillet over low heat; brush with butter. Pour about 3 tablespoons batter into hot skillet; rotate pan to spread batter uniformly. Cook over medium heat on one side only until top is dry and blistered. Turn out onto clean cloth cooked side up.

Filling - In a small bowl blend cottage cheese and egg. Fold in sour cream, sugar, butter, lemon rind and vanilla. Fill blintzes on cooked side with about 2 tablespoons filling. Roll jelly roll fashion. Melt butter in large heavy skillet. Place blintzes folded side down; fry until golden brown; turn and fry other side.

BREAKFAST POTATO CAKES

Pat Oakes

1 c. water
1/4 c. milk
1/4 c. butter or margarine, divided
1 T. sugar
1/2 tsp. salt
1/2 tsp. ground cinnamon
1/2 c. instant mashed potato granules
1 egg
1/3 c. raisins
1/4 c. chopped almonds
1/2 c. crushed cornflakes
Maple syrup, optional

In medium saucepan combine water, milk and 1 tablespoon butter; heat just to boiling. Add sugar, salt, and cinnamon. Gradually stir in potato granules. Add egg, raisins, and almonds; mix well. Shape into cakes using about 1/4 cup mixture for each cake. Coat with cornflakes crumbs. In medium skillet melt remaining 1 tablespoon butter. Brown cakes on both sides. Serve with maple syrup, if desired. Makes 4 servings.

SAVORY POTATO PANCAKES

Pat Oakes

2 T. vegetable oil
2 c. frozen hash brown potatoes
1 med. zucchini, cut in julienne strips (1 c.)
2 green onions, finely sliced (1/4 c.)
1/2 c. shredded Swiss cheese
1 egg, lightly beaten
1/2 tsp. dried leaf basil, crushed
1/8 tsp. salt
Pinch pepper

In 8 inch skillet with non-stick surface, heat oil. Add potatoes, toss to coat with oil. Cook 8 minutes over medium heat until golden, stirring occasionally. Add zucchini, cheese, onion, egg, basil, salt and pepper; mix thoroughly. Press mixture down with spatula; cook 2 minutes until crusty and golden on the bottom. Invert onto serving plate, then slide pancake back into skillet. Cook 2 minutes longer until crusty on bottom. Turn out onto serving plate. Makes 2 to 3 servings.

OVEN BAKED APPLE PECAN PANCAKE

Ann Greenlee

3/4 c. buttermilk pancake and waffle mix
1/2 c. milk
3 eggs
1/3 c. sugar
2 lg. tart cooking apples, pared and thinly sliced, about 3 c. slices
1/4 c. butter or margarine, melted
1/4 c. chopped pecans
1 tsp. cinnamon

Heat oven to 450°. Combine pancake mix, milk, eggs and 1 teaspoon sugar, mix well. In 9 or 10 inch ovenproof skillet, saute' apples in melted butter over medium high heat until tender. Remove skillet from heat; sprinkle apples with nuts. Pour batter evenly over apples and nuts. Combine remaining sugar and cinnamon; sprinkle over batter. Cover skillet with lid or foil; bake at 450° for 10 to 12 minutes or until pancake is puffed and sugar is melted. Loosen side of pancake from skillet; cool slightly. Cut into wedges. Makes 4 to 6 servings. NOTE: If ovenproof skillet is not available, saute' apples in standard skillet; transfer to 9 or 10 inch pie plate. Proceed as recipe directs.

BUTTERHORNS

Ann Greenlee

2 sticks margarine
12 oz. sm. curd cottage cheese
2 c. flour
Dash of salt

FROSTING:
1 c. powdered sugar
1/2 tsp. vanilla
2 T. margarine
2 T. milk

Cream margarine and cottage cheese. Add flour and salt. Refrigerate 4 hours or overnight. Divide dough into 3 equal parts. Roll each in a circle on a floured board. Cut the circle into 12 wedges. Roll into butterhorns, starting at wide side, rolling to the point. Place on greased cookie sheet. Bake 30 to 40 minutes at 350°. Drizzle frosting over baked rolls.

FLUFFY BISCUITS

Judy Gutzmer

1/4 c. shortening
2 c. self-rising flour
1 tsp. baking powder
1 c. milk

Mix shortening, flour and baking powder. Add milk. Roll out on floured surface and cut. Place on greased baking pan. Bake 10 to 12 minutes at 475°.

ANGEL BISCUITS

Pat Redd

4 c. flour
2 tsp. baking powder
1 T. sugar
1 tsp. salt
1 c. shortening
2 c. buttermilk
1 tsp. soda
1 pkg. dry yeast
1 T. warm water

Sift flour, baking powder, salt and sugar together. Add shortening and cut in with pastry blender until fine. Dissolve soda in buttermilk and stir into dry ingredients, adding the yeast-water mixture. Mix well and turn out on floured board and knead until smooth. Store in refrigerator and use as wanted. Will keep for nearly a week. To bake, remove from refrigerator, pinch into little rolls, let set 15 minutes, and bake in preheated oven for 15 to 20 minutes at 375°.

6 WEEK MUFFINS

Judy Gutzmer

1 (15 oz.) box raisin bran
1 qt. buttermilk
1 c. oil
5 c. flour
3 c. sugar
4 eggs, beaten
5 tsp. soda
2 tsp. salt

Mix sugar, eggs and oil. Alternate dry ingredients and buttermilk. Bake 15 to 20 minutes at 400°.

Just mix up this mixture and it will store for 6 weeks in your refrigerator. Just dip from the top of the container and bake.

HUSH PUPPIES

Ann Greenlee

1/2 c. sifted flour
2 1/2 tsp. baking powder
1 tsp. salt
1 1/2 c. corn meal, yellow or white
1/2 c. milk
1 egg, well beaten
3 T. shortening, melted
1/3 c. minced onion

Sift together flour, baking powder, salt, corn meal. Add remaining ingredients; stir only until flour is dampened. Form into small patties. Drop into hot fat in which fish is frying. Cook until golden brown, turning to brown evenly. Crunchy tidbits to serve with fish!

CREAM PUFFS

Judy Gutzmer

1 c. water
1 stick oleo
1 c. flour
4 eggs

Heat 1 cup water to boiling with 1 stick oleo. Add 1 cup flour all at once to the boiling water and beat thoroughly. The dough will form a stiff ball in the pan. Remove from heat and add 4 eggs, unbeaten, one at a time and beat well after each egg. Put on greased sheet by spoonfuls. Allow enough space for the puffs to spread. Bake 45 minutes total. Bake 425° for the first 15 minutes, then reduce heat to 350° for the last 30 minutes. When cool - cut top off and hollow out. Then fill with vanilla pudding.

MONKEY BREAD

Jean Sorg

4 cans biscuits
1/4 c. sugar
2 T. cinnamon
1/2 c. oleo
3/4 c. sugar
1 T. vanilla

Cut biscuits in fourths, roll in 1/4 cup sugar and cinnamon. Place in greased tube or Bundt pan. Melt oleo, sugar and vanilla. Pour over biscuits and bake 350° for 30 minutes. Cover with a powder sugar glaze. Can use chopped nuts and raisins in with the biscuits.

CRANBERRY NUT BREAD

Jean Sorg

2 c. sifted flour
1 c. plus 2 T. sugar
1 3/4 tsp. baking powder
1 tsp. salt
1/2 tsp. soda
1 egg, well beaten
1/3 c. orange juice
1/4 c. water
2 T. butter or melted margarine
2 c. fresh cranberries, cut in halves
1/4 c. chopped nuts, pecans
1 tsp. grated orange peel

Line pans with wax paper. Sift dry ingredients. Combine egg, orange juice, water and melted butter. Make a well in center of dry ingredients and add liquids. Stir only enough to moisten dry ingredients. Add cranberries, nuts and orange peel. Stir only enough to blend well. Pour in pans and bake 70 minutes at 350°.

SKY HIGH BISCUITS

Jean Sorg

2 c. all-purpose flour
1 c. whole wheat flour
4 1/2 tsp. baking powder
2 T. sugar
1/2 tsp. salt
3/4 tsp. cream of tartar
3/4 c. butter or margarine
1 egg, beaten
1 c. milk

In a bowl combine the flours, baking powder, sugar, salt and cream of tartar. Cut in butter until mixture resembles coarse corn meal. Add egg and milk, stirring quickly and briefly. Knead lightly on floured board. Roll or pat gently to 1 inch thickness. Cut into 1 - 2 inch biscuits. Place in a greased 10 inch iron skillet or on a 9 inch square pan. For crusty biscuits, separate on a cookie sheet. Bake at 450° for 12 to 15 minutes.

Practice is the best of all instructors.

PIZZA ROLLS

Blanche Hobbs

1 pkg. pizza mix, containing dough mix, sauce and grated cheese
1 green pepper, chopped
1 c. shredded mozzarella cheese

Prepare dough according to package directions: cover with a damp towel and let rest 10 minutes. Turn out on floured board and knead five or six times. Divide into six pieces and roll each into a 6 inch circle. Place circles on baking sheets and pinch a 1/4 inch rim around each. Spread each with sauce, dividing equally. Top with grated cheese, chopped pepper and mozzarella. Bake in very hot (475°) oven about 5 minutes, just until bottoms begin to brown. Remove from oven and working quickly with a spatula roll up in cone shape. Let cool; wrap individually in foil and reheat in opened wrappings on grill.

TOASTY ONION STICKS

Pat Oakes

12 slices enriched white bread
1/2 onion butter

ONION BUTTER:
1 envelope onion soup mix
2 sticks butter or margarine

Blend above till spreadable.

Make onion butter first blending onion soup mix with butter till spreadable. Preheat oven to 375°. Trim crusts from bread. Spread onion butter on bread slices. Cut each slice into 5 strips. Place strips on ungreased baking sheet bake 10 minutes or until golden brown.
NOTE: Use frozen bread for easier spreading. Need not trim crust.

No one can make you feel inferior without your consent.

DRESDNER STOLLEN (Dresden Christmas Fruit Bread) Blanche Hobbs

2 cakes compressed yeast
4 T. warm water
1 c. shortening or butter
2 c. lukewarm milk
2 eggs
1 c. sugar
1 tsp. salt
1 1/2 c. raisins
1/2 c. chopped candied orange peel
1 c. chopped blanched almonds
Grated rind of one lemon
1/4 c. melted butter, to brush
Confectioner's sugar
6 c. sifted flour

The traditional Christmas coffee bread in Germany are the Stollen, fruit filled loaves of fine yeast dough. Each region makes Stollen in a slightly different and special way. Favored all over the country is the Dresdner Stolle.

Dissolve yeast in water. Add shortening, milk, eggs, sugar, salt, half of the flour and work to a smooth batter. Turn onto floured baking board and work in, gradually, remaining flour, except 1/4 cup, kneading until easy to handle, about 5 minutes. Place dough in GREASED BOWL AND LET RISE COVERED WITH DAMP CLOTH UNTIL DOUBLE IN BULK. Punch down. Let rise again until not quite double. (Rising time in all about 2 hours.) Shake fruit with remaining flour and work into dough. Divide dough in 4 parts. Pat out each part into an oval. Brush with melted butter and fold one side over. Brush on top with butter. Let rise on greased baking sheets until double, about 1/2 hours. Bake in moderate oven (375°). About 1/2 hour. Brush with melted butter and sprinkle with sugar or frost with white icing.

GERMAN DARK RYE BREAD **Blanche Hobbs**

3 c. all-purpose flour
1/4 c. unsweetened cocoa
2 pkgs. active dry yeast
1 T. caraway seeds
1/3 c. molasses
Cooking oil
2 T. butter
2 T. sugar
2 c. water
1 T. salt
3 to 3 1/3 c. rye flour

In a large bowl, combine all-purpose flour, cocoa, yeast and caraway seeds. Heat and stir molasses, butter, sugar, water and

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GERMAN DARK RYE BREAD (Continued)

salt until warm (115° - 120°); add to dry mixture. Beat at low speed with electric mixer 1/2 minute, scraping bowl as needed. Beat 3 minutes at high speed. By hand, stir in enough rye flour to make a soft dough. Turn out onto a lightly floured surface; knead until smooth, about 5 minutes. Cover; let rest 20 minutes. Punch down divide in half. Shape into two round loaves. Place on greased baking sheets or in two greased 8 inch pie plates. Brush with small amount of cooking oil. Slash with knife. Cover; let rise until double. Bake in 375° oven till done.

QUICK CHEDDAR BREAD **Blanche Hobbs**

3 1/2 c. all-purpose biscuit mix
2 c. (8 oz.) shredded Kraft sharp natural Cheddar cheese
1 1/4 c. milk
2 eggs. slightly beaten

Combine biscuit mix and cheese. Add milk and eggs, mixing just until moistened. Pour into greased and floured 9 x 5 inch loaf pan. Bake at 350° 55 minutes. Remove from pan; serve warm. Variation: Add 1/2 teaspoon dill weed.

PERSIMMON BREAD **Ann Greenlee**

2 c. flour
1 tsp. soda
1 c. sugar
1/2 tsp. baking powder
1 1/2 sticks margarine
2 eggs
1 c. persimmon pulp or pumpkin can be substituted
1/2 to 1 c. raisins, optional
1/2 to 1 c. nuts

Blend ingredients together. Oven 325° for 45 minutes. Makes 2 small loaves or 1 Bundt pan.

RYE CARAWAY QUICK BREAD

Blanche Hobbs

3/4 c. sugar
1/3 c. Parkay margarine
3 eggs
1 1/2 c. rye flour
1 1/2 c. all-purpose flour
4 tsp. baking powder
1 1/2 tsp. salt
1/2 tsp. caraway seed
1 1/2 c. milk

Cream margarine and sugar until light and fluffy. Add eggs. One at a time mixing well after each addition. Add combined dry ingredients alternately with milk, mixing just until moistened. Pour into greased and floured 9 x 5 inch loaf pan. Bake at 350°, 1 hour or until wooden pick inserted in center comes out clean. Cool 10 minutes; remove from pan.
Variation: Substitute whole wheat flour for rye flour and dry mustard for caraway seed.

NEVER FAIL PIE CRUST

Karen Balbierz

Goes well with German chocolate pie.
3 c. flour
1 tsp. salt
1 1/2 c. shortening
1 egg
6 T. cold water
1 tsp. white vinegar

Sift together flour and salt. Add shortening. Mix with fork or pastry blender until mixture is crumbly. Add egg, water and vinegar. Mix well and form into three balls. Chill before making into crusts. Makes 3 pie crusts. This freezes well.

YUMMY BREAKFAST ROLLS

Karen Balbierz

1 pkg. frozen rolls
1/2 c. brown sugar
1 sm. box butterscotch pudding, not instant
1 tsp. cinnamon
1 stick butter or margarine
Dashes of white sugar
Pecans, optional

Coat Bundt pan with butter or "Pam". Empty package of rolls into Bundt pan. Mix together 1/2 cup brown sugar, pudding, cinnamon and nuts. Pour over rolls. Melt one stick of butter and pour over mixture. Sprinkle sugar and cinnamon on top. Let rise overnight. Bake at 350° for 25-30 minutes.

CARAWAY QUICK BREAD

Blanche Hobbs

1 1/2 c. flour
2 T. sugar
1 T. baking powder
1 tsp. caraway seed
1/2 tsp. salt
1/2 tsp. sage
1/4 tsp. dry mustard
1/2 c. margarine
1/2 c. milk
1 egg, slightly beaten

Combine dry ingredients, reserving 1/2 teaspoon caraway seed; cut in margarine until mixture resembles coarse crumbs. Add combined milk and egg, mixing just until moistened. Spread into greased 8 or 9 inch layer pan or 8 or 10 inch ovenproof skillet. With knife, make indentations or "tracks" across top of batter, to form six wedges; sprinkle with reserved caraway seed. Bake at 350° 35 to 40 minutes or until golden brown. Serve warm, 6 servings.

BAYOU BANANA BREAD

Blanche Hobbs

1/2 c. margarine
3/4 c. sugar
2 eggs
1 tsp. vanilla
2 c. flour
1 1/2 tsp. baking powder
1/2 tsp. baking soda
1/2 tsp. salt
1/2 tsp. cinnamon
1/4 tsp. ground allspice
1/4 tsp. ground cloves
1 c. mashed bananas
1/2 c. chopped nuts

Cream margarine and sugar until light and fluffy. Blend in eggs and vanilla. Add combined dry ingredients alternately with bananas, mixing well after each addition. Stir in nuts. Pour into greased and floured 9 x 5 inch loaf pan. Bake at 350°, 55 to 60 minutes or until wooden pick inserted in center comes out clean.

Life is a measure to be filled, not a cup to be drained.

WHOLE WHEAT BROWN BREAD

Pat Oakes

2 c. white flour
1/2 c. whole wheat flour
1 tsp. baking powder
1 tsp. soda
1 tsp. salt
1 1/2 c. buttermilk
1/4 c. cooking oil
1/2 c. honey or 1/4 c. honey and 1/4 c. molasses

Combine all ingredients. Pour into greased 4 1/2 x 8 inch loaf pan. Bake 40 - 50 minutes at 350° (no eggs are needed in this batter.)

FRENCH BREAD

Pat Oakes

1/4 c. warm water
1 tsp. sugar
1 pkg. yeast
1 tsp. salt
2 T. sugar
1 1/2 T. margarine
1 c. boiling water
3 to 3 1/2 c. flour

In small bowl mix water, sugar, and yeast and let rise while mixing rest of dough. In a large bowl of electric mixer, dissolve salt, sugar and margarine in boiling water. Beat in slowly 1 cup flour. when cooled down, add 1 cup flour and yeast mixture. Beat well. Finish adding flour by hand with spoon. Set in warm place to rest. Beat dough down every 10 minutes with spoon for 6 or 7 times. Turn out on floured board. Press out 1/2 inch thick. Roll up like jelly roll and pinch edges. Place on greased baking sheet seam side down, and slash top 3 or 4 times. Let rise about an hour. Bake 20 minutes in a 400° oven. Makes 1 loaf. This bread is easy no kneading.....

GINGER UPSIDE DOWN BREAD

Pat Oakes

1 T. butter or margarine, melted
1/4 c. packed brown sugar
6 drained slices pineapple
6 maraschino cherries
1 pkg. (4 oz.) gingerbread mix
1 can (10 3/4 oz.) condensed tomato soup
1 egg, slightly beaten

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GINGER UPSIDE DOWN BREAD (Continued)

Preheat oven to 350°. Pour melted butter over bottom of 9 inch square pan; sprinkle evenly with sugar. Top with pineapple and cherries, in large bowl of electric mixer, combine gingerbread mix, soup and egg. Beat at low speed 1 minute (75 strokes with spoon), scraping sides and bottom of bowl occasionally. Pour batter into pan, spreading evenly over topping. Bake at 350° for 40 minutes or until done. Run spatula around edges of pan. Invert on serving plate; let cake stand 5 minutes before removing pan. Serve warm. Makes 1 (9 inch) cake.

JALAPENO CORN BREAD **Judy Gutzmer**

4 slices bacon
1 tsp. salt
1/2 tsp. soda
2 eggs
1 c. chopped onion
4 minced jalapeno peppers
2 T. bacon fat
2 c. corn meal, yellow
2 T. sugar
1 c. milk
2 T. garlic salt
1/4 c. chopped pimento
1 c. whole kernel corn
1/2 lb. grated Cheddar cheese

Preheat oven to 350°. Fry bacon until crisp; break up into small pieces. Mix corn meal, salt, sugar and soda. Add milk and eggs. Stir until well mixed. Add garlic salt, onion, pimento, peppers, corn and bacon pieces. Beat well for one minute. Grease a 10 inch iron skillet with bacon fat. Pour one half of the corn meal mixture into pan. Top with half the cheese. Spoon on remaining corn meal mixture and top with remaining cheese. Bake for 35 minutes. Yield, 8 servings.

Opportunities do not come with their values stamped upon them.

BANANA NUT BREAD Pat Redd

2 c. sugar
2 1/2 c. flour
1/2 tsp. salt
1/4 c. sour milk
4 lg. ripe bananas
3/4 c. vegetable oil
3 eggs, unbeaten
1 tsp. vanilla
1 1/2 tsp. soda
1 c. pecans, chopped

Mix sugar, flour and salt in a large bowl. Add shortening, eggs, vanilla and soda dissolved in sour milk, buttermilk may be substituted. Add pecans, mashed bananas. Place in 2 loaf pans or 1 tube pan. Bake one hour at 350°.

EASY FRENCH BREAD Pat Redd

1/4 c. sugar
2 tsp. salt
1/8 c. shortening
2 c. hot water
2 pkgs. yeast
1/2 c. warm water
1 tsp. sugar

Combine sugar, salt, shortening and hot water. Let cool to lukewarm, mix yeast, water and sugar. Combine all ingredients and work in 6 1/4 cups flour, one cup whole wheat may be substituted. Work dough down with a wooden spoon every 10 minutes for 5 times. Divide into 2 balls. Let rest for 10 minutes. Roll out 1/2 inch thick and roll up as jelly roll. Place on greased cookie sheet. Slash with sharp knife. Let rise until double. Bake at 375° for 35 minutes. Yields 2 long loaves.

OATMEAL CINNAMON LOAF Ann Greenlee

1 pkg. yeast
1/3 c. Wesson oil
2 tsp. salt
3/4 c. water
4 to 4 1/2 c. white flour
1 c. milk
1/3 c. brown sugar
1 egg
1 c. oatmeal

Dissolve yeast in warm water and milk. Add oil, brown sugar, egg, salt and mix well. Stir in oatmeal and flour and knead. Let rise until doubled. Divide dough into thirds; roll out in

Continued Next Page

OATMEAL CINNAMON LOAF (Continued)

rectangular shape and brush with melted oleo. Sprinkle with sugar and cinnamon; then roll. Place on cookie sheet. Let rise and bake at 375° until brown. Cool and slice.

ZUCCHINI BREAD **Judy Gutzmer**

3 eggs, beaten
1 c. vegetable oil
2 1/4 c. sugar
2 c. grated zucchini
3 tsp. vanilla
3 c. sifted flour
1 tsp. salt
1 tsp. soda
3 tsp. cinnamon
1/4 tsp. baking powder
1 c. chopped nuts

Preheat oven to 325° and grease 2 (8 inch) loaf pans or 1 (2 x 9 x 15) baking pan. Mix eggs, oil, sugar and zucchini until well blended. Fold in dry ingredients and nuts. Blend well. Bake 325° for 1 hour.

DILL BREAD **Judy Gutzmer**

1 pkg. yeast
1/4 c. warm water
1 c. cream style cottage cheese
1/4 c. shortening
1 egg
2 1/4 to 2 1/2 c. flour
2 tsp. dill seed
2 T. sugar
1 T. minced onion
1 tsp. salt
1/4 tsp. soda

Soften yeast in water. In saucepan heat cottage cheese to lukewarm. Stir in shortening, sugar, onions, dill, salt, soda and yeast. Beat in egg. Add flour a little at a time until it makes a soft dough. Put on board and knead for 5 minutes or until smooth. Put in greased bowl and cover. Let rise for 1 hour. Punch down and let rise again for 10 minutes. Put in pan. Cover and let rise 30 - 45 minutes. Bake at 350° for 40 minutes.

BUBBLE LOAF

Jean Sorg

1 pkg. frozen roll dough
1/2 c. nuts
3/4 c. brown sugar
1 pkg. vanilla pudding, not instant
1 tsp. cinnamon
6 T. margarine

Grease Bundt pan well. Sprinkle nuts evenly over bottom. Place rolls, frozen, in pan. This makes 2 layers. Sprinkle brown sugar over top. Sprinkle pudding mix over brown sugar. Add cinnamon. Cut margarine into small pieces and place evenly on top. Cover with wax paper and let stand out on counter overnight. Next morning bake at 350° for 30 minutes. Turn over on plate to allow syrup to run into rolls.

ANISE BROAT

Blanche Hobbs

4 eggs
1 c. sugar
1 c. flour
1 tsp. anise extract or 1 T. anise seed
1/2 tsp. salt
1 T. lemon juice

Separate the eggs. Beat the yolks. Add the sugar and cream until they are a light lemon color. Add the anise extract and lemon juice. Then blend in the flour and salt. Beat the egg whites until stiff, but not dry. Mix into batter and beat well. Bake about 25 minutes at 375° in 12 x 8 pan. After it is baked, cool and remove the cake from the pan and cut into bars 1/2 inch wide and 3 inches long. This may be eaten as a cake or as a bread. If eaten as bread, toast the strips on a cookie sheet in a very hot oven about 10 minutes or until light brown.

OATMEAL RAISIN MUFFINS

Jean Sorg

1 c. all-purpose flour
3 tsp. baking powder
1/2 tsp. salt
1/4 c. shortening
1 c. quick oats
1 egg
1 c. milk
1/2 c. brown sugar, packed
1/2 c. raisins
2 T. granulated sugar
1/4 tsp. ground cinnamon

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OATMEAL RAISIN MUFFINS (Continued)

Combine flour, baking powder and salt. Cut in shortening until like coarse crumbs. Stir in oats. Combine egg, milk and brown sugar, beat well. Stir into dry ingredients, add raisins. Spoon into greased muffin tins. Combine granulated sugar and cinnamon. Sprinkle over batter. Bake at 425° for 15 to 20 minutes. Serve warm. Makes 12 muffins.

ADDITIONAL RECIPES

* * * * *

MEAT DISHES
and
CASSEROLES

MEAT DISHES - CASSEROLES

AMERICAN CHOP SUEY

Judy Gutzmer

1 lb. hamburger
1/2 tsp. salt
1 1/2 c. celery, cut fine
2 sm. onions, chopped
1/4 c. soy sauce
1 can cream of mushroom soup
2 cans water
3/4 c. uncooked rice, not Minute

Grease a 9 x 12 pan. Sprinkle uncooked rice in bottom. Mix other ingredients and pour carefully over the rice. Bake at 350° for 1 hour without stirring.

CHINESE STYLE HAMBURGERS

Judy Gutzmer

1 lb. hamburger, browned in 2 T. salad oil
1 c. sliced celery
2 med. onions, chopped
1 can (10 1/2 oz.) cream mushroom soup
1 can (10 1/2 oz.) cream of chicken soup
1 1/2 c. warm water
1/2 c. uncooked rice, not instant
1/4 c. soy sauce
1/2 tsp. pepper
1 can (3 oz.) chow mein noodles

Add onions, celery and soups to browned hamburger. Rinse out cans with the 1 1/2 cups water. Stir in rice, soy sauce and pepper. Turn into greased casserole and cover. Bake at 350° for 45 minutes. Remove cover and continue baking 30 minutes longer. Cover with noodles and bake 15 minutes more.

CHINESE SPAGHETTI

Judy Rhodes

2 lbs. ground beef
2 chopped onions
3 cans chop suey vegetables
1 can water chestnuts
2 (10 1/2 oz.) cans tomato puree'
1 (7 oz.) pkg. spaghetti, cooked
1 c. water

Brown meat and onions. Put all the ingredients in a casserole. Top with 6 ounces Wisconsin Cheddar cheese, grated. Bake 1 hour at 350° then 30 minutes at 300° covered.

BARBECUE BAKED BEANS

Judy Rhodes

2 cans of pork and beans
1 lb. ground beef
1/2 chopped onion
1/2 chopped pepper, bell
1 c. catsup, optional
1/2 c. barbecue sauce
4 T. brown sugar

Brown onion, pepper, and meat in oil. Add beans, catsup, barbecue sauce and brown sugar. Bake in 350° oven for about 45 minutes. This may be cooked on top of stove also. Stir 2 to 3 times.

RANCH STYLE BAKED BEANS

Judy Gutzmer

1 lb. hamburger
1 med. onion, chopped
2 T. prepared mustard
1 T. vinegar
1 c. catsup
1 c. red kidney beans
2 c. pork and beans
2 T. oleo

Fry hamburger and onions together. Drain any grease. Mix all ingredients together and bake at 400° for 35 minutes.

"KRUTSON" BEEF - 24 HOUR SAUSAGE

Donna Casement

4 lbs. "cheap" hamburger
1 1/2 tsp. liquid smoke or more if desired
1/2 tsp. garlic powder
1 1/2 tsp. cracked pepper
4 T. curing salt, Quick Cure
1/2 tsp. onion salt
2 T. mustard seed
1 1/2 c. water

Mix well. Form into logs approximately 2 1/2 inches in diameter. Wrap in foil and seal. Punch holes in bottom of logs. Refrigerate for 24 hours in a pan with rack. Bake in broiler pan with meat off the bottom, making sure the holes are down. Bake 1 3/4 hours at 325°, take out and loosen foil. Cool. Rewrap and refrigerate or freeze. Slice thin when serving.

GERMAN MEATBALLS

Blanche Hobbs

1 1/2 lbs. ground beef
1/2 lb. ground veal
1/2 lb. ground pork
2 T. grated onion
Salt and pepper
3/4 c. bread crumbs
1 egg
2 qts. soup stock

Place all ingredients except stock in bowl and mix thoroughly with hands. Roll into balls and then into seasoned flour. Bring 2 quarts stock to rapid boil and drop in meatballs; simmer 15 to 20 minutes. Mix 3 tablespoons flour to a paste with cold water and thicken the mixture.

SUPERIOR MEAT LOAF

Pat Oakes

1 envelope onion, beef flavor or mushroom soup mix
2 lbs. ground beef
1 1/2 c. soft bread crumbs
2 eggs
3/4 c. water
1/3 c. ketchup

In large bowl, combine all ingredients mix, shape into loaf, put in a bread pan or desired casserole dish. Preheat oven to 350°. Bake 1 hour. Makes 8 - 10 servings.

MEATBALLS IN SAUCE

Judy Gutzmer

2 lbs. ground beef
1 c. cornflake crumbs
1/3 c. dried parsley flakes
2 T. soy sauce
2 tsp. garlic powder
2 eggs
1/4 tsp. pepper
1/3 c. catsup
2 T. minced onions

SAUCE:
1 can cranberry sauce
1 (12 oz.) bottle chili sauce
2 T. brown sugar
1 T. lemon juice

Mix ground beef, cornflake crumbs, parsley flakes, soy sauce, garlic powder, eggs, pepper, catsup and minced onions together and form into balls. Combine cranberry sauce, chili sauce, brown sugar and lemon juice. Stir over heat until smooth. Pour over meatballs. Bake at 350° for 30 - 45 minutes.

BOHEMIAN STEAK Donna Casement

1 2/3 c. med. noodles
1 lb. ground beef
1/2 c. tomato sauce
1 cube chicken bouillon
1/2 c. water
Salt
Pepper
1 T. minced onion
1 can mushroom soup

Crumble noodles and cook in boiling salted water. Drain and set aside. Mix ground beef, tomato sauce, chicken bouillon, dissolved in the 1/2 cup water, salt, pepper and onion. Add noodles. Shape into eight individual balls. Pour mushroom soup over and bake at 325° for one hour in uncovered pan.

GREAT MEAT LOAF Connie McCune

2 lbs. ground beef
1/2 c. tomato sauce
1 egg
Seasoning salt to taste
1/2 c. cheese
1 c. soda crackers, crushed
1/4 c. onion
1/4 c. milk

TOPPING:
1/2 c. ketchup
1/2 tsp. Worcestershire sauce
2 T. brown sugar

Combine all ingredients except topping. Bake for one hour at 375°. Remove from oven pour off excess grease. Pour topping over meat loaf and return to oven for 15 minutes.

EASY STROGANOFF Karen Balbierz

1 lb. lean ground beef
1 (8 oz.) carton sour cream
1 can cream of mushroom soup
1 c. milk
1/2 c. cooking wine or 1 c. wine
1/2 envelope Lipton onion soup mix
1 c. water
Rice

Cook ground beef in large skillet. Season with salt and pepper. In separate bowl mix sour cream, soup, Lipton soup mix and milk. Add to ground beef and cook on low for 15 minutes stirring

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EASY STROGANOFF (Continued)

constantly. Add wine and water and raise heat. Bring to a boil. Turn heat back to low and simmer until a thicker consistency. Serve over rice. For a variation use diced cooked chicken instead of ground beef.

FRENCH BREAD BOAT — Karen Balbierz

1 1/2 lbs. ground beef
1/4 c. Parmesan cheese
3/4 tsp. salt
1 tsp. Italian seasoning
1/2 tsp. garlic salt
1 1/2 c. mozzarella cheese
1/2 c. thin green pepper strips
1 loaf French bread
1 can pizza sauce
1 sm. onion
1 can mushrooms

Brown ground beef. Add Parmesan cheese, salt, seasoning and garlic salt. Stir in 1/2 cup of mozzarella cheese. Remove bread from inside loaf to create a shell. Spread on pizza sauce, ground beef. Layer on mushrooms, onions, peppers and remaining cheese. Place on a cookie sheet and bake at 350° for 20 minutes.

MACARONI AND BEEF — Judy Gutzmer

1 lb. hamburger
1/2 c. onion, chopped
1/4 c. celery, chopped
2 cans Hunts tomato sauce
1 T. Worcestershire sauce
1/2 to 1 tsp. chili powder
2 c. cooked macaroni
1/2 c. water
1 tsp. salt
1/2 tsp. pepper
Catsup

Fry the hamburger with onion and celery. Drain grease. Add tomato sauce, macaroni, water, salt, pepper, Worcestershire sauce, chili powder and some catsup. Let simmer.

If you have knowledge let others light their candles at it.

SPAGHETTI PIE

Ann Greenlee

6 oz. spaghetti
2 T. butter **or** margarine
1/3 c. grated Parmesan cheese
2 well beaten eggs
1 c. cottage cheese (8 oz.)
1 lb. ground beef **or** bulk pork sausage
1/2 c. chopped onion
1/4 c. chopped green pepper
1 (8 oz.) can (1 c.) tomatoes, cut up
1 (6 oz.) can tomato paste
1 tsp. sugar
1 tsp. dried oregano, crushed
1/2 tsp. garlic salt
1/2 c. shredded mozzarella cheese (2 oz.)

Cook spaghetti according to package directions; drain (should have about 3 cups spaghetti). Stir butter or margarine into hot spaghetti. Stir in Parmesan cheese and eggs. Form spaghetti mixture into a "crust" in a buttered 10 inch pie plate. Spread cottage cheese over bottom of spaghetti crust. In skillet cook ground beef or pork sausage, onion, and green pepper till vegetables are tender and meat is browned. Drain off excess fat. Stir in undrained tomatoes, tomato paste, sugar, oregano, and garlic salt; heat through. Turn meat mixture into spaghetti crust. Bake, uncovered, in 350° oven for 20 minutes. Sprinkle the mozzarella cheese atop. Bake 5 minutes longer or till cheese melts. Makes 6 servings.

GEOSTATE WIENER (Skillet Dinner)

Blanche Hobbs

1 chopped onion
2 T. butter **or** margarine
1 lb. ground beef
1 1/4 tsp. salt
1/2 T. pepper
1 c. uncooked rice
1 (14 oz.) can sauerkraut
2 (8 oz.) can tomato sauce

Saute' onion in butter in an electric skillet, add ground beef and brown. Add seasonings. Stir in raw rice and cover with kraut and tomato sauce. Steam on low heat for 30 minutes or until rice is tender.

ZIPPY BEEF BISCUIT CASSEROLE

Ann Greenlee

1 lb. ground beef
1/4 c. diced green chilies or green peppers
2 to 3 tsp. chili powder
1 egg, beaten
1 can biscuits
1/2 c. chopped onion
8 oz. can tomato sauce
1/2 to 1 tsp. garlic powder
1 c. shredded monterey jack cheese

Oven 375° in large skillet, brown 1 pound ground beef and 1/2 cup chopped onion; drain. Add 1/4 cup diced green chilies or green pepper, 8 ounce can tomato sauce, 2 - 3 teaspoons chili powder and 1/2 - 1 teaspoon garlic powder; heat until bubbly. Separate 1 can biscuits into 10 biscuits; separate each biscuit into 2 layers. Press 10 layers on bottom of ungreased 1 1/2 quart casserole. Add 1 beaten egg and 1 cup shredded natural monterey jack cheese to meat mixture; spoon into prepared casserole. Place remaining layers of dough on top. Sprinkle with cheese and paprika. Bake for 25 - 30 minutes or until golden brown. 6 servings.

HAMBURGER CASSEROLE

Ann Greenlee

1 lb. of ground beef
1/2 c. celery, sliced
1/4 c. onion
1 can vegetable soup
1 tsp. salt
1 c. mashed potatoes

Brown ground beef. Mix other ingredients together in a casserole dish. Add ground beef. Bake in the oven at 425° for 15 minutes.

A friend is one who walks in when the rest of the world walks out.

MIXED VEGETABLE MEAT CASSEROLE

Donna Casement

Brown:
1 lb. lean hamburger
1 sm. chopped onion

Add:
1 can mushroom soup
1 can chicken rice soup
1/2 c. water
1 lg. can chow mein noodles
1 pkg. frozen mixed vegetables

Put in casserole and bake 1 hour at 350°.

CHILI CON CARNE

Ann Greenlee

1 lb. lean ground beef
1 c. chopped onion
1 clove garlic, finely chopped
1 (15 1/2 oz.) can kidney beans
1 (8 oz.) can tomato sauce
4 tsp. beef flavor instant bouillon **or** 4 beef flavor bouillon cubes
1 T. chili powder

In large skillet, brown meat, onion and garlic. Add remaining ingredients; mix well. Bring to a boil. Cover; simmer 30 minutes. Refrigerate leftovers. Maeks 4 to 6 servings.

SPICY MAC AND SAUSAGE CASSEROLE

Blanche Hobbs

7 1/4 pkg. macaroni and cheese dinner
1 lb. Italian sausage
1/2 c. chopped red pepper
1/2 c. grated Parmesan cheese
1 c. zucchini slices
1 c. cottage cheese
1 tsp. basil leaves
1 tsp. oregano leaves

Prepare dinner as directed on package. Brown sausage; drain. Add to dinner with vegetables, cottage cheese and seasonings; mix well. Pour into 1 1/2 quart casserole; sprinkle with Parmesan cheese. Bake at 350° 20 minutes. 4 to 6 servings.

PARMESAN FRITTATA

Blanche Hobbs

2 T. Parkay margarine
6 eggs
1 c. chopped cooked potatoes
1/2 c. (2 oz.) Kraft grated Parmesan cheese
6 crisply cooked bacon slices, crumbled
1/4 c. green onion slices
1/4 c. milk
Dash of pepper

Melt margarine in 10 inch ovenproof skillet or omelet pan over low heat. Combine remaining ingredients; pour into skillet. Bake at 350° 20 minutes. Sprinkle with additional cheese, if desired. 6 to 8 servings.

SAUCY COUNTRY STYLE RIBS

Blanche Hobbs

3 to 4 lbs. pork loin country style ribs
1 c. barbecue sauce
4 oz. can mushrooms
1/2 c. chopped onion
1/2 c. chopped green pepper

Place ribs in single layer in 13 x 9 inch baking pan. Cover with foil; bake at 350°, 1 hour and 30 minutes. Drain off excess fat. Combine remaining ingredients; pour over ribs, bake uncovered, 45 minutes, basting frequently with sauce. Serve with sauce and rice, if desired. 4 to 6 servings.

SIMPLE SWEET 'N' SOUR PORK

Patricia Redd

3 or 4 pork steaks
1 c. barbecue sauce
1/2 c. water
1/3 c. vinegar
1 green pepper, chopped
1 (12 oz.) jar pineapple preserves

Cut pork steaks into bite size pieces. Brown. Salt and pepper to taste. Mix together barbecue sauce, water and vinegar and pour over meat and simmer 45 minutes over low heat. Add green pepper, pineapple preserves and simmer 15 more minutes.

What you dislike in another take care to correct in yourself.

PANHANDLE PORK CHOPS

Judy Rhodes

4 pork chops
1/2 c. smoky barbecue sauce
2 T. chopped onion

Trim some fat off pork chops and heat fat in skillet. Lightly season chops, brown well. Drain off excess fat. Place in baking dish, sprinkle on onion and barbecue sauce. Cover, bake one hour at 325°. Serves 4.

GOLDEN HAM SLICE

Blanche Hobbs

1 ham slice cut 1 in. thick
1 can crushed pineapple
1 T. cornstarch
1 T. brown sugar
1/2 tsp. cinnamon
1/3 c. finely grated carrots
1/4 tsp. ground clove

Place ham slice on a wire rack in an open roasting pan. Combine cornstarch, sugar, cinnamon, and clove in a saucepan over low heat. Add pineapple liquid and stir constantly until thickened and clear. Stir in pineapple and grated carrot. Spread pineapple mixture over ham slice and bake at 300° for 40 minutes. 4 to 6 servings.

BARBECUED PORK CHOPS

Cynthia E Fischer

8 lean pork chops
1/4 c. vegetable oil
1/2 c. ketchup
1 tsp. salt
1 tsp. celery seed
1/2 tsp. nutmeg
1/3 vinegar
1 c. water
3 bay leaves

Preheat oven to 350°. Put vegetable oil in a skillet over medium heat. When oil is hot, put pork chops in and brown on both sides. Remove pork chops and place in a 9 x 13 inch pan. In a small bowl, combine remaining ingredients; pour over pork chops and bake about 1 1/2 hours. Turn chops once and occasionally baste. Makes 8 servings.

PORK CHOP SCALLOP — Quick and Easy — **Blanche Hobbs**

4 each pork loin or rib chops, 1/2 to 3/4 in. thick
Salt and pepper
1 pkg. scalloped potatoes

Trim excess fat from chops; grease 10 inch skillet. Brown chops on both sides; season with salt and pepper. Remove chops. Empty potatoes and packet of seasoned sauce mix into skillet. Stir in amounts of water and milk called for on package. Heat to boiling stirring occasionally. Reduce heat; place pork chops on top. Cover; simmer 30 - 35 minutes or until potatoes are tender.

HAM ROLL UPS — **Ann Greenlee**

2 c. ground ham
1/2 c. chopped celery
3/4 c. shredded Cheddar cheese
1 tsp. Worcestershire sauce
1 tsp. dry mustard
3/4 T. instant minced onion
1/4 c. salad dressing
2 pkgs. refrigerated crescent rolls

Mix ingredients together, except rolls. Roll out crescent rolls, fill each with approximately 1 1/2 tablespoons ground ham mixture. Place 2 inches apart on ungreased cookie sheet. Bake in preheated 350° oven 7 - 10 minutes or until golden and puffy. Makes 16 rolls.

Tis easy enough to be pleasant.
When life flows along like a song;
But the man worth while is the one who will smile
When everything goes dead wrong.

Ella Wheeler Wilcox
- Worth While

PORK CHOP RHUBARB BAKE

Pauline Anderson

6 pork chops or loin chops, 1 in. thick
2 T. lard or drippings
1 tsp. salt
1/8 tsp. pepper
2 c. semi-soft bread cubes
1/4 tsp. salt
1/3 c. brown sugar
1/3 c. granulated sugar
3 T. flour
1/2 tsp. cinnamon
1 pkg. (20 oz.) frozen unsweetened rhubarb or 5 c. (3/4 in.) pieces fresh rhubarb

Brown chops in lard or drippings in frying pan, remove to absorbent paper and season with 1 teaspoon salt and pepper. Stir bread cubes into drippings in frying pan and sprinkle with 1/4 teaspoon salt. Mix sugars, flour and cinnamon and stir into rhubarb. Spread half of cubes in 13 x 9 inch utility dish. Spoon half of rhubarb, over cubes and arrange chops on rhubarb. Spoon remaining rhubarb over chops. Cover tightly with foil and bake in a moderate oven (350°) 50 minutes. Remove cover and top with remaining cubes. Bake 10 minutes longer or until chops are tender. 6 servings.

PEACH BERRY PORK STEAKS

Pauline Anderson

4 pork blade steaks, cut 1/2 in. thick
2 T. lard or drippings
1 1/2 tsp. salt
1/8 tsp. pepper
1 can (16 oz.) whole berry cranberry sauce
1 can (17 oz.) cling peach slices, drained
1/4 c. lemon juice
1/4 tsp. ginger

Brown steaks on both sides in lard or drippings, sprinkle with salt and pepper and place in a roasting pan, overlapping steaks if necessary. Combine cranberry sauce, lemon juice, ginger. Add peach slices. Pour sauce over steaks. Cover tightly with aluminum foil and bake in a slow oven (325°), 45 minutes. Remove foil and bake 20 to 30 minutes or until done. 4 servings.

The man is idle who does less than he can.

PORK LOIN ROAST

Pauline Anderson

3 to 6 lb. pork loin roast
1/4 c. maple flavored syrup
1 c. apple butter
1 T. lemon juice
1/8 tsp. salt

Place roast, fat side up, on rack in open roasting pan. Insert meat thermometer so the bulb is centered in the thickest part. Make certain bulb does not rest in fat or on bone. Do not add water, do not cover. Roast in a slow oven (325°) until the thermometer registers 170°. Allow 30 to 35 minutes per pound for roasting a center loin; 35 to 40 minutes per pound for an end roast. Add maple flavored syrup, lemon juice and salt to apple butter. Brush roast with apple butter sauce 30 minutes before it is done. Heat remaining sauce and serve with the roast.

SMOKED PORK UN SCHNITZ

Pauline Anderson

1 smoked pork shoulder roll (2 or 3 lbs.)
1 can (27 oz.) sauerkraut, drained
1 T. brown sugar
2 T. snipped parsley
8 peppercorns water
1 pkg. (6 oz.) dried apples
2 c. biscuit mix (milk)
1/2 tsp. caraway seed

Place smoked pork shoulder in Dutch oven and add peppercorns and water to barely cover meat. Simmer, covered, 1 1/2 to 2 hours or until tender. Remove pork shoulder roll from liquid and cover to keep warm. Reserve 4 cups of cooking liquid in Dutch oven and add sauerkraut, dried apples and brown sugar. Bring to boil and cook slowly 5 minutes. Prepare dumplings according to package directions. Stir in parsley and caraway seed. Bring sauerkraut mixture to a boil, drop dumplings on top of sauerkraut and apples, reduce heat and cook slowly, uncovered, 10 minutes. Cover and cook 10 minutes or until dumplings are done. Carve smoked pork and serve with sauerkraut and apples and dumplings. 8 to 10 servings.

HAM AND FRIED TOMATOES

Pauline Anderson

1 fully cooked smoked ham, sliced, cut 3/4 in. thick
4 med. sized firm red or green tomatoes
1/4 c. flour
Lard
1/4 c. brown sugar
Salt
Freshly ground pepper
1 can (5 1/3 oz.) evaporated milk

Place ham slice in large lightly greased heavy frying pan and cook at moderate temperature 14 to 16 minutes, turning occasionally. Place the ham on hot platter and keep warm. Cut thin slices from both ends of tomatoes, cut each tomato crosswise into 3 slices and dredge in flour. Add enough lard to drippings in frying pan to make 2 tablespoons fat. Pan fry tomato slices on 1 side and sprinkle with brown sugar. Turn, pan fry, until lightly browned on second sides, season with salt and pepper and place on platter with ham. Add evaporated milk to pan drippings and cook slowly, stirring constantly for 3 to 5 minutes or until thickened. Serve sauce with ham slice. 4 to 6 servings.

HAM AND BROCCOLI CASSEROLE

Ann Greenlee

2 pkgs. frozen chopped broccoli
2 c. diced cook smoked ham
1 1/2 c. shredded Cheddar cheese
1 c. Bisquick baking mix
3 c. milk
4 eggs

Oven at 350°. Cook broccoli as directed and drain. Spread in ungreased rectangular baking dish (13 x 9 x 2). Layer ham and cheese over the broccoli. Beat remaining ingredients with hand beater until smooth; slowly pour over cheese. Bake uncovered 1 hour. 6 - 8 servings.

In Prosperity prepare for change, in Adversity hope for one.

ROLLED HAM 'N POTATO CASSEROLE

Blanche Hobbs

1/2 c. chopped onion
1 T. margarine
3 c. hot mashed potatoes
2 T. chopped pimento
1/2 tsp. salt
Dash of pepper
1 1/2 c. shredded sharp Cheddar cheese
8 thin boiled ham slices
10 oz. pkg. frozen asparagus, thawed

Saute' onion in margarine. Combine with potatoes, pimento and seasonings, mix well. In a 10 x 6 inch baking dish, layer half of potatoes, 1 cup cheese and remaining potatoes. Roll each ham slice around two to three asparagus spears. Place ham rolls seam side down on potatoes. Bake at 350°, 30 minutes. Top with remaining cheese; continue baking until cheese is melted. 6 to 8 servings.
Variation: Substitute 9 ounce package frozen whole green beans, thawed for frozen asparagus.

CHINESE GINGER RIBS

Pat Oakes

6 lbs. spareribs, parboiled

GINGER SAUCE:
1/2 c. soy sauce
1/2 c. ketchup
1 to 3 T. brown sugar
2 T. grated fresh ginger **or** 2 tsp. dried ginger

BARBECUE RUB:
2 T. sugar
1/2 tsp. salt
1/4 tsp. paprika
1/4 tsp. turmeric
1/2 tsp. celery seed
Dash dry mustard

Place parboiled ribs in a pan large enough to hold them in 1 layer. Combine ingredients for ginger sauce, pour over ribs, cover and refrigerate overnight, turning once or twice. Remove ribs from marinade and pat dry with paper towels; reserve marinade for grilling. Combine ingredients for barbecue rub and pat over ribs. Grill or roast in a 400° oven for 30 - 45 minutes, basting frequently. Makes 6 servings.

RIBS RANCHERO

Blanche Hobbs

Spareribs
Kraft barbecue sauce
Orange slices

Indoor method - Place ribs on rack of broiler pan. brush with barbecue sauce. Bake at 350°, 1 hour and 30 minutes turning and brushing with barbecue sauce every 15 minutes. Brush orange slices with barbecue sauce; bake with ribs last 15 minutes.

Outdoor Method - Place ribs on greased grill bone side down 5 to 7 inches from coals. Grill over low coals, coals will be ash gray, 1 hour or until well done, turning and brushing occasionally with barbecue sauce. Brush orange slices with barbecue sauce; grill with ribs last 10 minutes.

BARBECUED SWISS STEAK

Blanche Hobbs

2 to 2 1/2 lbs. round steak
2 T. flour
1/2 tsp. pepper
2 T. oil
18 oz. bottle barbecue sauce
2 c. carrot sticks
3 med. onions, quartered

Cut meat into serving size pieces. Pound combined flour and pepper into steak. Brown in oil. Add remaining ingredients; simmer 1 1/2 hours or until meat is tender. Remove to platter; garnish with parsley, if desired. 6 to 8 servings.

STEAK FROMAGE

Pat Oakes

1 beef round steak, 1/2 in. thick
1/4 c. flour
1/2 tsp. salt
1/8 tsp. pepper
1/4 tsp. garlic salt
3 T. shortening
3/4 c. water
1/4 c. chopped onion
1/3 c. grated Cheddar cheese
2 T. parsley flakes

Cut steak into 8 to 10 serving pieces and pound to 1/4 inch thick. Combine flour, salt, pepper, and garlic salt, and dredge steak in this mixture. Sprinkle any remaining flour mixture over the

Continued Next Page

STEAK FROMAGE (Continued)

steak. Brown steak in shortening, pour off drippings. Add water and onions and simmer for one to 1 1/2 hours. Sprinkle with Cheddar cheese and parsley flakes. Cover and simmer for an additional 2 to 3 minutes. Makes 4 to 6 servings.

PEPPER STEAK (4 - 5 servings) **Ann Greenlee**

1 1/2 lbs. steak, sirloin or round, 3/4 to 1 in.
1/4 c. salad oil
1 c. water
1 each med. onion, cut into 1/4 in. slices
1/2 tsp. garlic salt
2 each med. tomatoes
1/4 tsp. ginger
2 each med. green peppers, cut into 3/4 in. strips
1 T. cornstarch
2 T. soy sauce
Hot cooked rice

Trim fat from meat; cut meat into strips 2 x 1/4 inch. Heat oil in large skillet. Cook meat in oil, turning frequently until brown, about 5 minutes. Stir in water, onion, garlic salt and ginger. Heat to boiling. Reduce heat, cover and simmer 12 - 15 minutes for round steak, 5 - 8 minutes for sirloin. Add green pepper strips during last 5 minutes of simmering. Blend cornstarch and soy sauce, stir into meat mixture. Cook, stirring constantly, until mixture thickens and boils. Boil and stir 1 minute. Cut each tomato into eights; place on meat mixture. Cover; cook over low heat until tomatoes are heated through, about 3 minutes. Serve over rice.

STEAK ROLLS **Ann Greenlee**

6 slices boneless steak
3 slices bacon, halved
3 c. water
1/2 c. chopped onions
3 T. flour
3/4 c. shortening
1/2 tsp. salt
1/3 tsp. pepper

Salt and pepper steak slices on both sides. Spread with bacon slices and cover with onions. Roll slices tightly and tie with string. Flour lightly. Place in pan with well heated shortening and brown. Mix remaining flour with water to form gravy, and pour over steak slices. Simmer 30 min. Serve hot after cutting off strings.

MOVING DAY MEAT LOAF

Ann Greenlee

2 lbs. ground beef
2 eggs, slightly beaten
1/2 c. fine bread crumbs
1/4 c. chopped green pepper
1 envelope Italian salad dressing mix
3 or 4 bacon slices, optional

Combine ground beef, eggs, bread crumbs, green pepper and salad dressing mix in a bowl; mix well and shape into a loaf. Place in an aluminum foil lined shallow baking pan and top with bacon, if desired. Bake at 350° for 1 1/2 hours. Serve with a mushroom or tomato sauce, if desired. Makes 6 servings.

BARBECUED BEEF BRISKET

Ann Greenlee

4 to 5 lb. brisket
2 T. liquid smoke
1 tsp. garlic salt
1 tsp. onion salt
2 T. celery salt
2 tsp. Worcestershire sauce
2 tsp. ground pepper
1 c. barbecue sauce, Open Pit regular

NOTE: MARINADE:
Smoke
Salts
Sauce
Green pepper

Mix marinade sauce and cover both sides of brisket with it. Wrap in foil and let it marinate overnight in refrigerator. Bake in a pan covered with foil at 300° for 5 hours. The last 30 minutes, remove most of grease, and pour barbecue sauce over meat. Baste occasionally.

BEEF BRISKET DINNER

Ann Greenlee

3 lb. fresh brisket
1 (10 1/2 oz.) can bouillon
3 lg. potatoes
2 med. carrots
1 med. onion
2 T. cornstarch
1/4 c. water
1/2 c. sour cream
1 to 2 tsp. prepared horseradish

Combine brisket and bouillon. Simmer 2 1/2 to 3 hours or until tender. Peel and quarter potatoes. Scrub and cut carrots in

Continued Next Page

BEEF BRISKET DINNER (Continued)

2 inch chunks. Slice onion, add vegetables to beef. Cover and simmer 1/2 hour or until tender. Remove vegetables and meat. Combine cornstarch and water. Stir into beef liquid. Cook until slightly thickened. Add sour cream and horseradish. Heat and serve over meat. Serves 8.

FRUIT STUFFED SPARERIBS **Pauline Anderson**

2 sides pork spareribs, 4 to 4 1/2 lbs.
18 pitted prunes
10 dried apricots
1 c. orange juice
2 c. cooked rice
1/4 c. brown sugar
1/4 tsp. cinnamon
1/4 tsp. salt
1 egg, beaten
1 1/2 tsp. salt
1/8 tsp. pepper

Place prunes and apricots in narrow container. Pour orange juice over fruit cover with foil and marinate in refrigerator overnight to plump. Drain fruit, reserving juice. Combine fruit with cooked rice, brown sugar, cinnamon, 1/4 teaspoon salt and egg. Season spareribs with 1 1/2 teaspoons salt and pepper. Place one side of ribs, rib ends up, on rack in roasting pan. Place rice stuffing on ribs and cover with second side of ribs, rib ends down. Secure sides of ribs together with small wooden picks, if desired. Bake in a moderate oven 350° for one hour. Continue baking one hour longer or until done, basting with reserved orange juice occasionally. 6 servings.

On the clock of time there is but one word - NOW.

BARBECUED RIBS (6 Servings) **Blanche Hobbs**

3 lbs. country style (loin back) ribs
1 tsp. salt
1/4 tsp. freshly ground pepper
2 tsp. pickling spices
1 lg. clove garlic, chopped
Touchdown sauce, see recipe, or bottled barbecue sauce

Place ribs in large pot; add salt, pepper, pickling spices and garlic. Add water to cover; bring to boil. Reduce heat; cover and simmer until ribs are tender, about 1 hour. Remove from heat and allow to cool in liquid. Drain and refrigerate until ready to grill. Set ribs on preheated portable grill placed on car's tailgate or table. Brush occasionally with sauce, grilling about 20 minutes, until ribs are richly glazed.

Touchdown Sauce - In small bowl, combine 1 cup applesauce, 1 - 2 tablespoons soy sauce, 1/4 cup honey, 1 teaspoon prepared mustard, 1/4 teaspoon ground cloves and 1 teaspoon instant coffee. Makes 1 1/4 cups.

BEEF STROGANOFF **Jean Sorg**

1 to 1 1/2 lbs. beef round steak
1 (8 oz.) pkg. noodles
1 T. flour
1 tsp. dry mustard
1 tsp. chopped parsley
1 tsp. salt
1/4 tsp. pepper
2 (4 oz.) cans whole mushrooms
1 sm. onion, minced
1/2 c. sour cream
1/4 c. melted butter

Prepare noodles as directed on package. Cut steak lengthwise, then in half and then into 1/8 inch strips. Stir flour, mustard, salt and pepper with mushrooms in the mushroom juice. Cook onion in 1/4 cup butter. Add steak and cook 2 - 3 minutes. Stir in flour mixture and cook until thick, about 5 minutes. Serve on platter in middle of noodles. 6 servings. Sprinkle parsley over noodles.

Courtesy costs nothing and buys everything.

FOIL WRAPPED DINNERS (Fix Ahead)

Ann Greenlee

1 to 1 1/2 lbs. beef round steak
1 pkg. (10 oz.) frozen green peas*
4 med. carrots
4 med. potatoes, pared
1 can cream of mushroom soup
1 envelope onion soup mix
8 cherry tomatoes

Heat oven to 450°. Cut meat into 1 inch pieces. Place frozen peas in colander; run cold water over peas just until broken apart; drain. Tear off 4 pieces of heavy duty foil, about 18 x 15 inches. On center of each piece, place 1 carrot, thinly sliced, 1 potato cut into quarters, and 1/4 of meat. Stir together mushroom soup and onion soup mix; spoon over meat and top with peas. Wrap securely in foil; place on ungreased baking sheet. Bake 50 minutes or until meat is tender. Just before serving, garnish with 2 cherry tomatoes, halved.

*Two (10 ounce) packages frozen peas and carrots can be substituted for the frozen peas and fresh carrots. Great for nights when everyone arrives home at a different time. Bake as needed, or keep warm.

LAYERED BEEF AND CHEESE SUPPER (6-8 Servings)

Blanche Hobbs

1 1/2 lbs. round steak, cut into 1 in. strips
Oil
9 oz. pkg. frozen cut green beans, thawed, drained
2 c. (8 oz.) shredded Cheddar cheese
2 c. cooked rice
1/2 c. chopped onion
1/2 c. chopped celery
Salt and pepper
3 1/2 oz. can French fried onions

Brown meat in oil; drain. Combine green beans, 1 1/2 cups cheese, rice, onion and celery; mix lightly. Place meat in 11 3/4 x 7 1/2 inch baking dish; season with salt and pepper. Top with rice mixture. Bake covered at 325°, 1 hour and 15 minutes. Uncover; top with onions and remaining cheese. Continue baking uncovered until cheese is melted.

STIR FRIED BEEF AND VEGETABLES

Ann Greenlee

1 (3/4 to 1 lb.) flank steak, cut into 1/8 in. diagonal slices
1 lg. sweet onion, sliced 1/4 in. thick
2 c. (8 oz.) fresh mushrooms, sliced 1/4 in. thick
2 med. green peppers, seeded and cut into strips
1 (8 oz.) can water chestnuts, drained, sliced
2 cloves garlic, halved
2 tsp. beef flavored instant bouillon or 2 cubes
1/3 c. water
1/4 c. soy sauce
2 T. cider vinegar
2 1/2 tsp. cornstarch
1 tsp. sugar
1/4 c. vegetable oil

In small saucepan, over low heat, dissolve bouillon in water. Stir together soy sauce, vinegar, cornstarch, and sugar. Stir into bouillon mixture. Set aside. In large heavy skillet or wok, heat 2 tablespoons oil over high heat; add garlic and cook a few seconds. Add meat and stir fry 2 minutes, meat will be slightly pink in center. Remove meat and juices; discard garlic. Wipe pan; heat 1 tablespoon of remaining oil. Add vegetables and stir fry 2 minutes over high heat. Add remaining 1 tablespoon oil around edge of skillet; add meat and juices, then bouillon mixture. Stir; cover and cook 2 minutes. Stir to serve. Refrigerate leftovers. Makes 4 servings.

NO PEEK BEEF CASSEROLE

Pat Oakes

2 lbs. stew meat, cut in sm. pieces
1 can (10 3/4 oz.) cream of mushroom soup
1/2 c. red wine, optional
1 envelope onion soup mix
1 can (4 oz.) mushrooms

Combine all ingredients in Slow Cooker. Stir well and cook on low 8 - 12 hours or on high 5 - 6 hours. Serve over noodles, rice or mashed potatoes. Makes 6 servings.

TEXAS CHILI, SLOW COOKER STYLE

Ann Greenlee

4 lbs. beef chuck roast, cut into 1/2 in. cubes
1 lg. onion, chopped
1 med. green pepper
3 cloves garlic, minced
2 (28 oz.) cans whole tomatoes, undrained
1 (12 oz.) can tomato paste
4 oz. chopped green chilies, drained
2 T. chili powder
1 T. sugar
1 1/2 tsp. salt
1/4 tsp. pepper
3 (15 oz.) can kidney beans, drained

Combine all ingredients except beans, cook on low in Crock Pot approximately 10 to 12 hours until meat is tender, stirring several times. Add beans and cook 30 minutes on high. Serves 15.

CHICKEN ENCHILADAS

Karen Balbierz

1 onion, chopped
1 can green chiles, chopped
1 can cream chicken soup
1 can cream mushroom soup
1 pkg. corn tortillas, softened in hot oil **or** 1 pkg. crushed Doritos
1 T. butter
1 lb. Cheddar cheese **or** monterey jack **or** both
5 chicken breasts, cooked in chicken broth **and** seasoned with lemon **and** pepper **or** one boned chicken

Melt butter in skillet and saute' onion; add chiles soup and chicken. Add tablespoons of broth and cook for 5 minutes. Layer casserole with tortillas, chicken mixture, cheese, tortillas, chicken mixture, cheese (last layer). Beat at 350° until hot and bubbly. Approximately 45 minutes.

Nature designed us to be of good cheer.

MATTERHORN CHICKEN Blanche Hobbs

4 chicken breasts, split, boned, skinned
Salt
4 tsp. chopped green onion
2 c. (8 oz.) shredded Swiss cheese
2 eggs, beaten
3/4 dry bread crumbs
Oil
Hot parsleyed noodles

Flatten chicken breasts to 1/4 inch thickness, sprinkle each piece with salt; top with 1/2 teaspoon onion and 1/4 cup cheese. Fold chicken over cheese; secure with toothpicks. Dip chicken in eggs; coat with bread crumbs. Brown in oil. Place chicken in baking dish. Bake at 400°, 20 minutes. Serve over noodles. 8 servings.

CAMPER'S CHILI CHICKEN Pat Oakes

1/4 c. oil
1 frying chicken, cut up
1/3 c. all-purpose flour
1 1/4 c. water
1 c. beer
1 envelope chili with onion seasoning mix
1 tsp. sugar
4 serving recipe packaged precooked rice

Heat oil in large skillet. Coat chicken in flour; brown in oil. Pour off excess fat. Add water, beer, seasoning mix, and sugar, stirring to blend. Cover and simmer 30 minutes, until tender. Serve chicken and sauce over rice. Makes 4 servings.

CHICKEN ALMONDZINI (6 - 8 servings) Blanche Hobbs

3/4 c. mayonnaise
1/3 c. flour
2 T. instant minced onion
1 tsp. garlic salt
2 1/4 c. milk
1 c. (4 oz.) shredded Swiss cheese
1/3 c. dry white wine
7 oz. spaghetti, cooked, drained
2 c. chopped cooked chicken or turkey
10 oz. pkg. frozen chopped broccoli, thawed and drained
1 1/4 c. sliced almonds
4 oz. can mushrooms, drained
1/4 c. chopped pimento

Continued Next Page

CHICKEN ALMONDZINI (Continued)

Combine mayonnaise, flour and seasonings. Gradually add milk; cook over low heat, stirring constantly until thickened. Add cheese and wine; stir until cheese is melted. In large bowl, combine mayonnaise mixture, spaghetti, chicken, broccoli, 3/4 cup nuts, mushrooms and pimento; toss lightly. Pour mixture into 11 3/4 x 7 1/2 inch baking dish. Top with remaining nuts. Bake at 350°, 40 to 45 minutes or until thoroughly heated. Serve with grated Parmesan cheese, if desired.

SCALLOPED CHICKEN (Serves 12) **Judy Gutzmer**

1 hen
3 eggs
6 slices toast

Bake 1 hen. When done remove from bones. Add 3 eggs, 6 slices of toast, broken fine. Make sloppy with the chicken broth. Bake in baking dish 1 hour, 350°.

CHICKEN CONFETTI **Almeda Fleming**

4 to 5 lbs. broiler fryer chicken, cut up
1 tsp. salt
1/8 tsp. pepper
1/4 c. salad oil
1/2 c. chopped onion
1 clove garlic, minced
2 cans (16 oz.) each tomatoes
1 can (8 oz.) tomato sauce
1 can (6 oz.) tomato paste
2 T. snipped parsley
2 tsp. salt
1 tsp. basil
1/4 tsp. pepper
7 or 8 oz. spaghetti, cooked and drained
Grated Parmesan cheese

Wash chicken pieces and pat dry. Season with 1 teaspoon salt and 1/8 teaspoon pepper. In large skillet or Dutch oven, brown chicken in oil; remove chicken. Pour off all but 3 tablespoons fat. Add onion and garlic; cook and stir until onion is tender. Stir in chicken and remaining ingredients except spaghetti and cheese. Cover tightly; cook chicken slowly 1 to 1 1/2 hours or until tender, stirring occasionally and adding water if necessary. Skim off excess fat. Serve on spaghetti, sprinkle with Parmesan cheese. 4 - 6 servings.

BREAST OF CHICKEN A LA PARMIGIANA

Karen Balbierz

8 chicken breasts, boned
3 eggs
1/2 c. milk
2 c. seasoned bread crumbs
1/2 c. butter
2 jars (15 oz.) each spaghetti sauce
8 thin slices Swiss cheese, 4 x 4 in.
8 thin slices mozzarella cheese, 4 x 4 in.
Parmesan cheese
Dried parsley

Have chicken breasts boned, then pound them flat. Dip in beaten eggs and milk, then roll in bread crumbs; saute' in butter. Layer bottom of 8 x 11 casserole dish with sauce, then chicken breasts, then cover each with a slice of Swiss and a slice of mozzarella cheese. Put remaining sauce on top and sprinkle with Parmesan cheese and dried parsley. Bake 30 minutes. 8 servings.

CHICKEN BROCCOLI CASSEROLE

Ann Greenlee

2 pkgs. (10 oz.) frozen broccoli
2 cans cream chicken soup
1/2 c. mayonnaise
1/2 to 1 tsp. curry powder
2 tsp. lemon juice
2 c. diced chicken, about 2 breasts per person
Grated Cheddar cheese
Buttered bread crumbs

Cook broccoli and drain. Mix soup, mayonnaise, curry powder, lemon juice. Place broccoli in bottom of casserole, cover with chicken (boil chicken about 20 minutes slowly and then debone.) Cut into large pieces and top with sauce. Top then with a lot of grated cheese, can also use a little blue cheese if desired. Top with bread crumbs and paprika. Bake 350° for about 30 - 45 minutes. Use about 2 breasts per person. Serve with fresh fruit salad or canned. Serve with cinnamon, blueberry or orange muffins. Always make a day ahead. Can make early and freeze. Just allow plenty of time to heat through.

CHICKEN AND HAM SUPREME

Blanche Hobbs

6 whole chicken breasts, boned, halved
1/4 c. margarine
2 c. chopped onions
1/4 c. cornstarch
1/2 tsp. salt
1/4 tsp. pepper
1/4 tsp. dry sherry
4 c. milk
3 c. water
12 chicken flavor bouillon cubes
1 lb. 8 oz. spaghetti, cooked 8 min., drained
12 slices Swiss cheese
12 slices boiled ham

In Dutch oven brown chicken, a few pieces at a time, in margarine over medium heat 15 minutes or until tender. Remove chicken. Add onions; cook 5 minutes. Mix cornstarch, salt and pepper. Gradually stir in sherry until smooth. Add to onions with next three ingredients. Stirring constantly, bring to boil over medium heat; boil 1 minute. Grease 6 quart shallow baking pan or two (3 quart) casseroles. Add spaghetti. Pour on sauce; toss. Roll cheese inside ham. Arrange with chicken over spaghetti. Bake tightly covered in 325° oven 45 to 60 minutes or until hot. Makes 12 servings. Or, prepare the day before but do not bake. Cover; refrigerate. To serve, bake 1 1/2 to 1 3/4 hours.

SWISS TURKEY QUICHE

Ann Greenlee

1 (9 in.) unbaked pastry shell
1 c. (4 oz.) shredded Swiss cheese
2 T. flour
1 T. chicken flavored instant bouillon
2 c. cubed cooked turkey **or** chicken
1 c. can milk
3 eggs, well beaten
1/4 c. chopped onion
2 T. chopped green pepper
2 T. chopped pimento
Canned French fried onions

Preheat oven to 425°. Bake pastry shell 8 minutes; remove from oven. Reduce oven temperature to 350°. In medium bowl, toss cheese with flour and bouillon; add remaining ingredients. Mix well. Pour into prepared shell. Bake 40 - 45 minutes or until set, topping with French fried onions during last 5 minutes. Let stand 10 minutes before serving. Refrigerate leftovers. Makes 6 servings.

PHEASANT AND NOODLES

Judy Rhodes

1 pheasant
3 T. flour
1 tsp. salt
Dash pepper
3 T. shortening
2 T. lemon juice
1 can consomme' soup
3/4 can water

Clean, wash and dry pheasant. Roll in salt, pepper and flour. Brown meat in shortening in pressure cooker. Pour off some of the fat. Add lemon juice, consomme' soup and water. Pressure cook 25 minutes. Lift out pheasant, bone meat, return to pressure pan. Add cooked, buttered noodles, approximately 4 ounces uncooked. Mix with juices and meat.

DUCKLING, APPLE SWEET POTATO STUFFING

Blanche Hobbs

1 frozen duckling, thawed
1 tsp. salt
1/2 c. crabapple jelly
1/4 c. orange juice
3/4 c. chopped onion
2 T. butter or margarine
3 c. diced unpeeled apple
2 T. sugar
1 tsp. grated orange rind
1 can (1 lb. 2 oz.) sweet potatoes, drained and cut into 1 in. chunks

Wash, drain, and pat duckling dry with paper toweling. Sprinkle neck and body cavities with 1/2 teaspoon salt. Combine jelly and orange juice; heat to melt jelly and bring to boil. In butter or margarine, saute' onion until soft but not brown. Add apple, sugar, orange rind and remaining salt; stir carefully and cook until apples are hot. Fold in sweet potatoes and 2 tablespoons jelly mixture. Fill neck and body cavities loosely with stuffing. Skewer neck skin to back. Cover opening of body cavity with aluminum foil; tie legs together loosely. Place duckling on rack in roasting pan. Bake in 350° oven until drumstick is very tender, about 45 minutes per pound. Brush with remaining jelly mixture several times during last 30 minutes of baking time. Serve any remaining sauce with duckling. Makes 3 to 4 servings.

JACK'S FAVORITE FLOUNDER

Ann Greenlee

2 T. margarine
1 onion, minced
1 lb. frozen flounder fillets*
1/4 tsp. basil
1/4 tsp. garlic powder
1 tsp. salt
1/8 tsp. pepper
2 med. fresh tomatoes, chopped

*Or your favorite fish. In large skillet, melt margarine. Add onion and saute' for 1 minute. Lay fish fillets in skillet on onion and cook, uncovered, for 5 minutes. Add basil, garlic powder, salt, pepper, and chopped tomatoes. Cover and cook over low heat for 15 minutes.

BAKED PARMESAN FILLETS (6 servings)

Blanche Hobbs

1 c. cornflake crumbs
3/4 c. (3 oz.) grated Parmesan cheese
1/2 tsp. salt
2 lbs. fish fillets
2 eggs, slightly beaten
2 T. milk

Combine crumbs, cheese and salt. Dip fillets in combined egg and milk; coat with crumb mixture. Place in greased 13 x 9 inch baking pan. Bake at 450°, 20 minutes or until fish flakes easily with fork.

SHRIMP CURRY

Karen Balbierz

1/2 onion, chopped
1 T. butter
1 can cream of shrimp soup
1 c. sour cream
1/2 tsp. curry powder
45 jumbo shrimp
3 c. rice

Cook onion in butter until tender, not brown. Add soup until it is smooth, stir in sour cream and curry powder. Add shrimp, simmer real low for 15 minutes. Serve over rice.

SHRIMP AND EGGPLANT CASSEROLE

Yield: 8 servings **Ann Greenlee**

1 onion, minced
2 lg. eggplants
2 ripe tomatoes, peeled and chopped
1 sm. bell pepper, chopped
1/3 c. chopped celery
1/4 c. cooking oil
1 T. marjoram
1/8 tsp. black pepper
1/8 tsp. red pepper
1 lb. fresh shrimp, peeled and cut
1/4 c. bread crumbs
Mozzarella cheese

Peel and cut eggplant and boil until tender. Drain and saute' eggplant in oil with bell pepper, celery and onions for about 10 minutes. Add tomatoes and cook 10 minutes. Add shrimp and bread crumbs and cook 10 minutes. Pour into baking dish and bake 35 minutes at 350°. Remove and place pieces of mozzarella cheese on top and return to oven for 10 minutes or until cheese melts.

BAKED STUFFED SHRIMP

Ann Greenlee

14 to 16 lg. shrimp, about (1 lb.) peeled, leaving tails on
1/4 c. butter or margarine
1 c. chopped mushrooms
1/3 c. chopped onion
1 clove garlic, finely chopped
1 tsp. chicken flavored instant bouillon
1 1/2 c. soft bread crumbs
1 T. chopped pimento
Melted butter or margarine
Parsley

Preheat oven to 400°. In large skillet, melt butter; add mushrooms, onion, garlic and bouillon. Cook and stir until vegetables are tender. Remove from heat, stir in crumbs and pimento. Set aside. Cut a slit along underside of each shrimp; do not cut through. Remove vein; brush entire shrimp with butter. Mound stuffing mixture in hollow of each shrimp. Place in greased shallow baking dish. Bake 10 to 12 minutes. Serve hot garnished with parsley. Refrigerate leftovers.

Diplomacy is the art of making a point wihtout making an enemy.

COLD TUNA MOUSSE

Ann Greenlee

1 T. butter or margarine
1 1/2 c. chopped peeled tomatoes
1/4 c. chopped onion
1 1/2 T. tomato paste
1/4 tsp. ginger
1/8 tsp. cinnamon
2 cans (6 1/2 or 7 oz.) each tuna in oil
3 eggs
1/2 c. heavy cream
Dry bread crumbs
Green mayonnaise

Melt butter in skillet. Add tomatoes and onion; simmer 8 to 10 minutes, or until onion is tender. Stir in tomato paste, ginger and cinnamon; cook 2 to 3 minutes longer. Pour half of tomato mixture into electric blender container; add remaining tuna, salt, egg and cream; cover and process until smooth. Add to first mixture in a bowl and stir well. Grease a 4 cup loaf pan and thinly coat with dry bread crumbs. Pour tuna mixture into pan and place in a larger baking container; add boiling water to larger container to come halfway up sides of loaf pan. Bake in 350° oven about 1 hour and 15 minutes, or until center is firm when pressed. Cool slightly; unmold onto platter and chill. Decorate with mayonnaise. Makes about 6 servings.

SPEEDY TUNA AND CABBAGE SKILLET

Ann Greenlee

2 cans (6 1/2 or 7 oz.) tuna in oil
1/2 c. sliced onion
1/2 c. sliced celery
4 c. shredded cabbage
1 can (8 oz.) seasoned stewed tomatoes
1/4 tsp. liquid hot pepper sauce
1 T. soy sauce

Drain oil from 1 can of tuna into large skillet and heat. Add onion and celery; cook 3 minutes. Add cabbage and cook about 5 minutes, stirring occasionally. Stir in tuna, tomatoes, hot sauce and soy sauce. Cover; cook 5 minutes longer. Serve immediately. Makes 4 servings.

Apparently there is nothing that cannot happen today.

PEPPY TUNA MINESTRONE

Ann Greenlee

1 can (1 lb.) stewed tomatoes
2 c. water
2 chicken bouillon cubes
1 can (1 lb.) white beans, drained or mixed vegetables
1 can (1 lb.) zucchini in tomato sauce
2 cans (6 1/2 or 7 oz.) each tuna in oil
1/2 tsp. dried leaf basil
1/4 tsp. liquid hot pepper sauce

In large saucepan combine all ingredients. Bring to boil over medium heat. Simmer 5 - 10 minutes. Serve with French bread. Makes 6 servings.

TIKI TUNA CASSEROLE

Blanche Hobbs

8 1/4 oz. can crushed pineapple
2 c. cooked rice
6 1/2 oz. can tuna, drained, flaked
1/2 c. celery slices
2 T. chopped pimento
3/4 lb. Velveeta cheese
1/4 c. milk
1/2 c. slivered almonds
Dash of pepper

Drain pineapple, reserving 2 tablespoons syrup. Combine pineapple, rice, tuna, celery and pimento; mix lightly. Pour into greased 10 x 6 inch baking dish. Heat process cheese spread, milk and reserved syrup over low heat; stir until sauce is smooth. Pour sauce over rice mixture. Top with nuts, bake at 350° 25 minutes. 4 to 6 servings.

DAVY CROCKETT CASSEROLE

Blanche Hobbs

7 1/4 oz. pkg. macaroni and cheese dinner
10 3/4 oz. can condensed cream of chicken soup
16 oz. can sliced carrots, drained
1 T. instant minced onions
1/2 tsp. dill weed

Prepare dinner as directed on package, except using 3/4 cup milk. Add remaining ingredients mix lighlty. Heat thoroughly, stirring occasionally. 6 to 8 servings.

FRANKFURTERS OLE

Blanche Hobbs

1/2 c. chili sauce
Dash of hot pepper sauce
1 1/2 tsp. chili powder
8 frankfurter buns, split
Chopped tomato
Kraft American singles pasteurized process cheese food
8 frankfurters
Shredded lettuce

Combine sauces and chili powder; mix well. For each sandwich, spread bun with chili sauce mixture. Fill with process cheese food, frankfurter, lettuce and tomato. Wrap each sandwich in aluminum foil. Heat on grill over 8 sandwiches.
Variation: Bake wrapped sandwich at 425° 15 minutes.

FRANKFURTER NUDELPFANNE (Frankfurt Noodle Casserole)

Blanche Hobbs

1 (8 oz.) pkg. noodles, cooked and drained
1 (10 oz.) pkg. frozen peas, thawed
4 T. margarine or butter
1 (10 oz.) pkg. frozen spinach, cooked and drained
1/2 c. milk
1 lb. frankfurters, sliced
1 (10 1/2 oz.) can cream of mushroom soup
1/2 c. sour cream
4 slices bacon, cooked and crumbled

Combine noodles, 1 1/2 cups peas, and margarine; mix lightly. Place spinach in bottom of buttered 2 1/2 quart casserole. Spread noodle mixture over spinach. Combine frankfurters, soup, sour cream, and milk; mix well; pour over noodles. Bake in hot oven 400° about 25 minutes. Sprinkle bacon and peas over top; bake 5 minutes more.

TAMALES-CHEESE DISH

Judy Rhodes

1 can lg. tamales
1 can Cheddar cheese soup, do not dilute
1 can chili, no beans, if desired

Layer tamales and chili. Top with cheese soup. Bake in microwave for 5 minutes at high level or in conventional oven 15 to 20 minutes at 350°.

CHILI BEAN CASSEROLE Serves 6 **Blanche Hobbs**

3 T. oil
1 lg. onion, chopped
1 carrot, shredded
1 clove garlic, mashed
1 can (16 oz.) stewed tomatoes
1 can (16 oz.) red kidney beans, drained
1 can (16 oz.) pinto beans, drained
1 pkg. (10 oz.) frozen cut green beans
1/2 tsp. salt
1/8 tsp. liquid red pepper
1 to 2 T. chili powder, to taste

Heat oil in large skillet; saute' onion, carrot and garlic until tender but not brown. Add remaining ingredients; simmer over low heat about 20 minutes. Taste and adjust seasonings.

VEGETABLE CASSEROLE **Ann Greenlee**

10 oz. frozen carrots
10 oz. frozen broccoli
10 oz. frozen cauliflower
10 oz. frozen Brussel sprouts
1 can cream of mushroom soup
1 sm. jar Cheez Whiz
1 can French fried onion rings

Cook all vegetables 1/2 the time stated on package directions. Put in a large casserole, in a saucepan, heat and blend condensed soup and cheese. Pour over top of vegetables and carefully mix. Bake at 375° for 30 minutes. Top with onion rings last 5 minutes.

VEGETABLE CASSEROLE **Pat Oakes**

1 can (16 oz.) sliced carrots
1 can (16 oz.) whole green beans
1 box (10 oz.) frozen green peas
1 jar (5 oz.) Old English cheese
1 can (8 oz.) sliced water chestnuts
1 can (10 3/4 oz.) cream of mushroom soup
1 jar (2 1/2 oz.) sliced mushrooms

Melt cheese in soup, then pour over uncooked vegetables already in a 9 x 13 inch casserole dish. Bake at 350° for 30 minutes. Makes 10 to 12 servings.

BUDGET CASSEROLE

Pat Oakes

3 1/2 c. bread cubes
1 lb. processed cheese food, diced
6 lg. eggs, well beaten
3 c. milk
3/4 tsp. mustard
3/4 tsp. salt

Mix all ingredients in a greased 3 quart casserole. Chill in refrigerator overnight. Bake in preheated 350° oven for 1 hour or until firm. Yields 6 to 8 servings.

ADDITIONAL RECIPES

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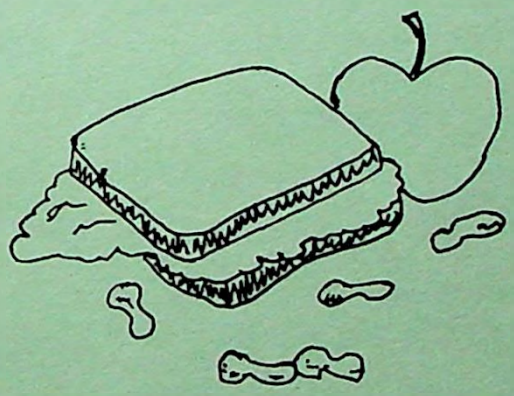
SANDWICHES



SANDWICHES

BUROCKS (Bierox) **Blanche Hobbs**

1 pkg. dry yeast	7 to 7 1/2 c. all-purpose flour
2/3 c. sugar	1 1/2 c. warm water
2/3 c. shortening	1 1/2 tsp. salt
1 c. lukewarm mashed potatoes	2 eggs

Dissolve yeast in warm water in large mixing bowl. Stir in sugar, salt, shortening, eggs, potatoes and 4 cups flour. Beat until smooth. Stir in enough remaining flour to make dough easy to handle. Turn dough onto lightly floured surface; knead until smooth and elastic, about 5 minutes. Place in greased bowl; turn greased side up. Cover tightly; refrigerate at least 8 hours; (dough can be kept up to 5 days in refrigerator at 450 or below. Keep covered.) Punch down dough; divide, shape, first rise and bake at 375° for 20 to 25 minutes for dinner rolls (shape into rolls for dinner rolls) for meat filling see following recipe.

MEAT FILLING FOR BUROCKS (Bierox):

1 1/2 lb. ground beef	1/2 c. water
1 med. head cabbage	1 T. flour
2 med. onions	Salt and pepper to taste

Cook meat until it looses its red color. Chop cabbage and onions and add remaining ingredients. Steam about 10 minutes, then add meat. Roll out a small amount of dough recipe, and place about 1/2 cup filling in center. Pull dough up around meat mixture and seal edges. Place on baking sheet with sealed edges down. Bake at 375° for 20 to 25 minutes.

There is sufficiency in the world for man's need - but not for man's greed.

BEACH PICNIC SANDWICHES

Blanche Hobbs

2 c. shredded cabbage
1/4 c. chopped green pepper
1/2 tsp. celery seed
Miracle Whip salad dressing
6 hard rolls, split
Assorted cold cuts
Kraft natural Muenster cheese slices
Tomato slices

Combine cabbage, green pepper, celery seed and 1/4 cup salad dressing. Mix lightly. Chill. For each sandwich, spread roll halves with salad dressing. Cover bottom half of roll with 1/4 cup cabbage mixture, alternate layers of cold cuts and cheese, tomato slices and top half of roll. 6 sandwiches.

OPEN-FACE SLAW SANDWICH

Blanche Hobbs

1 1/2 c. shredded cabbage
1/2 c. shredded carrot
1/2 tsp. caraway seed
2 T. Kraft Thousand Island reduced calorie dressing
4 rye bread slices
8 Light N' Lively American flavored singles pasteurized process cheese produce
8 oz. roast beef slices

Combine cabbage, carrot, caraway seed and enough dressing to moisten; mix lightly. Chill. For each sandwich, cover one bread slice with 1/4 cup cabbage mixture, 2 process cheese product slices and 2 ounces beef. Top with an additional 1/4 cup cabbage mixture. 4 sandwiches. 331 calories per serving.

TUNA HASH BROWN BURGERS

Ann Greenlee

1 can (6 1/2 or 7 oz.) tuna in oil
3/4 c. frozen hash brown potatoes, thawed and drained
1 sm. onion, chopped, omit if frozen potatoes contain onion
3 eggs, slightly beaten
1/2 tsp. salt
1/8 tsp. pepper
3 T. salad oil

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TUNA HASH BROWN BURGERS (Continued)

In a large bowl mix tuna, thawed, drained potatoes, onion, egg, salt and pepper. Heat oil in large skillet. Drop the batter by 1/4 cup measure onto hot skillet and brown cakes well on both sides. Drain on paper towels. Serve with hot toppings such as creamed spinach, yogurt, sour cream or sauteed mushrooms. Makes 6 cakes; 2 servings.

SLOPPY JOE'S (Enough for 6 - 8 buns) **Judy Gutzmer**

1 lb. ground beef
1 T. shortening
2 T. flour
2 T. brown sugar
1 T. Worcestershire sauce
1 tsp. salt
1/2 tsp. chili powder
1 1/2 c. tomato juice or sauce

Brown ground beef in 1 tablespoon shortening. Add remaining ingredients and simmer for 15 - 20 minutes or until a moist mixture. Spoon on warmed hamburger buns.

TEMPTIN' MONTE CRISTO SANDWICHES (6 sandwiches) **Blanche Hobbs**

1/2 c. finely chopped green pepper
1/2 c. salad dressing
1/4 c. apricot preserves or orange marmalade
12 Italian bread slices
12 boiled ham slices
3 natural Swiss cheese slices, cut in half
2 eggs, beaten
1/2 c. salad dressing
1/2 c. milk
1/4 tsp. cinnamon
Dash of ground cloves

Combine green pepper, salad dressing and preserves; mix well. For each sandwich, spread two bread slices with salad dressing mixture; cover one bread slice with ham, cheese and second bread slice. Combine eggs, salad dressing, milk and spices; mix well. Dip sandwiches in egg mixture; grill until lightly browned on both sides.

BOUNTIFUL SANDWICHES

Blanche Hobbs

Italian bread loaf, unsliced
Salad dressing
Leaf lettuce
American cheese
Cucumber slices
Salami slices
Tomato slices
Boiled ham slices
Green pepper rings

Cut loaf into 1 inch thick slices. For each sandwich, cut each 1 inch bread slice almost through to bottom crust; spread inside with salad dressing. For each salami sandwich, place lettuce, cheese slice, cucumber, salami and tomato into opening. For each ham sandwich, place lettuce, cheese slice, ham, green pepper and tomato into opening. Arrange alternating sandwiches on large skewer.

CHILI-O STEAKWICHES

Pat Oakes

1 1/2 to 2 lbs. cube steak
2 T. oil
1 envelope chili seasoning mix
1 can (8 oz.) tomato sauce
1 1/3 c. water
Shredded Cheddar cheese
6 lg. rolls, split
Onion and green pepper rings

Cut cube steaks into 1 inch cubes; brown in oil in large skillet or Dutch oven. Stir in seasoning mix, tomato sauce and water simmer, covered, 10 minutes. Add 1 cup cheese and simmer until is just melted. Spoon onto rolls and top with additional cheese, onion and green pepper rings. Makes 6 servings.

CHUTNEY CHICKEN SANDWICHES

Pat Oakes

1 can (8 oz.) pineapple in juice
2 T. instant minced onion
2 c. diced cooked chicken
1 c. chopped cucumber
8 slices dark bread, buttered
1/2 c. chopped salted cashews
1/2 c. mayonnaise
2 T. chopped chutney
1/2 tsp. seasoned salt
Crisp lettuce leaves

Drain pineapple well, reserving 3 tablespoons juice. Combine minced onion and pineapple juice, allowing mixture to stand 10 minutes until moisture is absorbed. Meanwhile, combine chicken,

Continued Next Page

CHUTNEY CHICKEN SANDWICHES (Continued)

cucumber, cashews and pineapple in large bowl. Blend together mayonnaise, chutney, salt and onion; combine with chicken mixture. Arrange lettuce leaves on buttered bread. Spoon chicken mixture onto lettuce. Makes 8 servings. If desired, serve as chicken salad without bread. 6 servings.

FRONTIERLAND SANDWICH **Blanche Hobbs**

1 lb. ground beef
1/2 c. chopped onion
1/3 c. chopped green pepper
3/4 c. barbecue sauce
4 oz. can mushrooms, drained
1/2 tsp. salt
12 American singles of cheese

Brown beef; drain. Add onion and green pepper; cook until tender. Add barbecue sauce, mushrooms, and salt; simmer 15 minutes. Cut lengthwise slice from top of bread; scoop out center, leaving 1 inch shell. Place half of cheese in shell; fill with hot meat mixture. Cover with remaining cheese and top bread slice. Wrap in aluminum foil. Bake at 400°, 10 to 12 minutes, 6 to 8 servings.

TACO HERO **Blanche Hobbs**

1 lb. ground beef
6 oz. can tomato paste
1 1/4 oz. pkg. taco seasoning mix
1 Vienna bread loaf, cut in half lengthwise
Kraft American singles
Tomato slices
Thinly sliced onion rings

Combine meat, tomato paste and taco seasoning; mix well until blended. Spread half of meat mixture on each half of bread. Place on ungreased cookie sheet; bake at 450°, 20 minutes. Top with process cheese food and tomato slices. Continue baking until process cheese food melts. Garnish with onion rings. 8 servings. To make ahead, prepare as directed. Wrap tightly in aluminum foil; freeze, bake at 450°, 30 minutes.

SCOTCH SHORTBREAD SANDWICHES

Blanche Hobbs

1/2 c. Parkay margarine
1/2 c. packed brown sugar
Kraft marshmallows
2 1/4 c. flour
1/8 tsp. nutmeg

Cream margarine and sugar until light and fluffy. Add flour and nutmeg; mix well. Shape level tablespoonfuls of dough into balls. Place on ungreased cookie sheet; flatten balls with bottom of glass. Bake at 350°, 12 to 15 minutes or until edges are lightly browned. Cool. For each sandwich cookie, top one cookie with hot toasted marshmallow and second cookie; press together slightly. Approximately 1 1/2 dozen.

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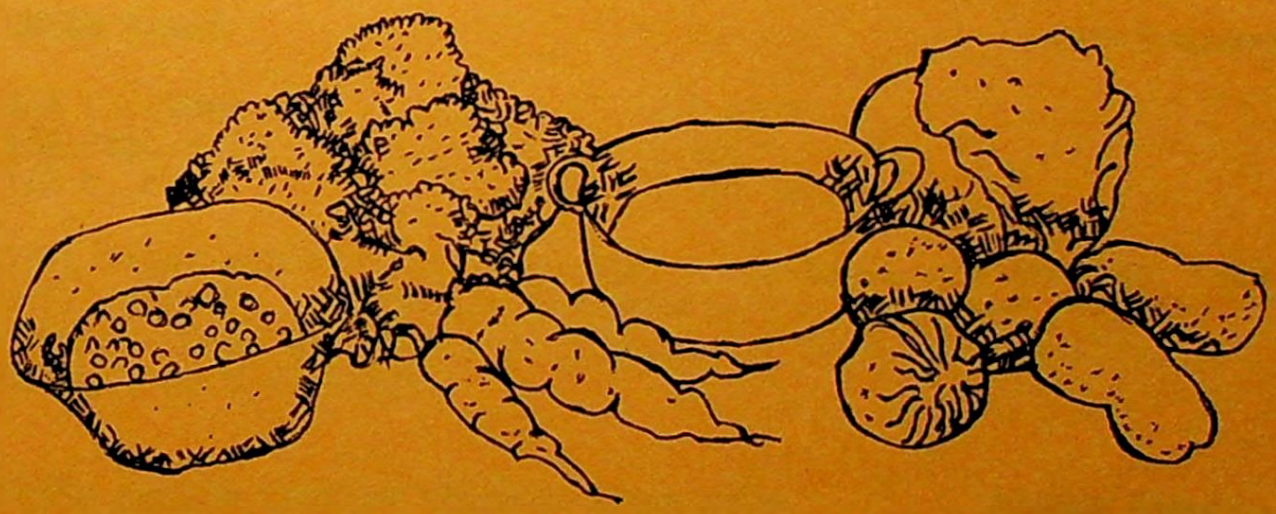
VEGETABLES



VEGETABLES

BROCCOLI MACARONI BAKE

Ann Greenlee

1 pkg. (10 oz.) frozen broccoli, cooked and drained
1 pkg. (10 oz.) frozen carrots, cooked and drained
1/4 c. chopped onions
3 T. butter or margarine
2 cans (15 oz.) each macaroni with meatballs in tomato sauce
1/2 c. grated Cheddar cheese
Dash garlic powder

Saute' drained vegetables and onions in butter. Save several broccoli flowerets for garnish. Add macaorni with meatballs in tomato sauce, cheese and garlic powder. Place in casserole. Cover. Bake at 400° for 20 minutes. Garnish with broccoli flowerets. Serves 6 to 8.

ONION RINGS

Judy Gutzmer

3/4 c. flour
1/4 tsp. salt
1/2 c. milk
2 T. oil
1 egg
3 lg. onions

Sift flour and salt in large bowl. Add milk, oil and egg. Beat until smooth. Cut onions 1/4 inch thick. Dip each ring in batter. Cook 375° for 2 or 3 minutes. Turn occasionally. Makes 4 to 5 servings.

FRESH FROZEN COUNTRY CREAMED STYLE CORN

Almeda Fleming

2 1/2 lb. box frozen corn
1 tsp. salt
3 tsp. sugar
3/4 c. whipping cream or coffee cream
2 to 3 tsp. cornstarch

Cook corn in a small amount of water. Add salt, sugar, and cream. Bring to boil and thicken with mixture of cornstarch and a little cream. Serves 20.

ESCALLOPED POTATOES

Karen Balbierz

2 lbs. frozen hash brown potatoes
1/2 c. melted margarine or butter
1 tsp. salt
1/4 tsp. pepper
1 can cream of chicken soup, undiluted
2 c. Cheddar cheese, grated
1/2 c. onion, chopped
2 c. sour cream
2 c. cornflakes, crushed, mixed with 1/4 c. butter

Thaw potatoes. Combine them with rest of the ingredients, except cornflakes mixture. Sprinkle buttered cornflakes on top. Use a 3 quart casserole or large glass baking dish. Bake for 45 minutes. 10 - 12 servings.

FRIED ZUCCHINI

Ann Greenlee

3 c. shredded unpeeled zucchini
1/2 c. shredded Cheddar cheese
3 tsp. snipped parsley
1 lg. clove garlic, finely chopped
1 egg
1 tsp. salt
Dash of pepper
1 c. Bisquick mix

Heat oil in a skillet. Mix all ingredients together. Drop by tablespoonfuls into skillet. Fry until golden brown, approximately one minute on each side. Serves 5 - 8.

BAYERISCHES KRAUT (Bavarian Cabbage)

Blanche Hobbs

1 med. head red cabbage
1 tart apple
2 T. butter or margarine
1 bay leaf
2 juniper berries
Salt and pepper to taste
1/4 c. dry white wine
2 T. vinegar
1 tsp. sugar

Wash and shred cabbage. Peel, core, and slice apple. Melt butter and add cabbage and apple, mixing well. Add bay leaf, juniper berries, and salt and pepper. Cover and cook over low heat for about 10 minutes. Add wine, vinegar, and sugar and mix well. Cook for 30 minutes to one hour longer. Makes 4 to 6 servings.

GERMAN STYLE RED CABBAGE

Blanche Hobbs

1 sm. head red cabbage
2 tart red apples, cored, but not peeled
2 T. bacon fat or lard
Salt and pepper to taste
3 T. vinegar
Water
1 tsp. sugar
1 T. flour

Remove the outer leaves of cabbage and discard. Quarter, core, and grate the cabbage into skillet. Slice the unpeeled apples and add to cabbage. Add the fat, salt, and pepper and bring to boil with just enough water to cover. Cover, reduce heat and simmer until tender, but still crisp, about 15 minutes. Drain, reserving the liquid. Mix the vinegar, sugar, and flour and stir in reserved liquid. Cook, stirring until thickened. Stir into cabbage.

CONFETTI POTATO SALAD

Blanche Hobbs

6 c. chopped cooked potatoes
3/4 c. celery slices
3/4 c. thin carrot slices
1/2 c. chopped green pepper
1/4 c. chopped red onion
1 tsp. salt
Dash of pepper
2/3 c. Kraft real mayonnaise

Combine ingredients; mix lightly. Chill. Garnish with celery leaves, if desired. 8 to 10 servings.

GRILLED PARMESAN CORN

Blanche Hobbs

1/2 c. (2 oz.) Kraft grated Parmesan cheese
1/2 c. soft Parkay margarine
1 T. chopped parsley
1/2 tsp. salt
8 corn ears

Combine cheese, margarine, parsley, and salt. Spread a round tablespoon of mixture on each ear of corn. Wrap securely in foil place on grill over medium low coals. Cook 20 to 30 minutes or unitl corn is done. 8 servings.

KARTOFFEL (German Potato Balls)

Blanche Hobbs

6 med. potatoes
3/4 c. flour
1/2 c. bread crumbs
1/2 tsp. nutmeg
2 tsp. salt
2 eggs

Boil potatoes in jackets. Remove skins, put through ricer and spread on toweling to dry out. In bowl mix remaining ingredients. Make hollow in center; put in riced potatoes. Work together as you would bread dough. Knead as bread dough on bread board. Pinch off small portions and roll into balls. Drop into boiling salted water or broth. When they rise, let cook about 3 minutes (inside should be dry not soggy). Serve with gravy, thicken tomatoes, or other vegetables.

ESCALLOPED CABBAGE

Blanche Hobbs

1 head cabbage, med.
1 can cream of chicken soup
1/2 c. can milk
2 c. grated cheese
1 1/2 c. buttered Italian bread crumbs

Shred cabbage. Cook until tender, 10 minutes. Drain. Combine soup and milk. Grease a 9 x 13 inch baking dish. Alternate layers of cabbage, soup and cheese ending with cheese. Top with buttered bread crumbs. Bake 30 to 40 minutes at 350°.

GERMAN POTATO SALAD

Blanche Hobbs

6 to 8 med. potatoes, cooked and diced
6 to 8 slices bacon
1/4 c. chopped onion
1 T. flour
1 T. sugar
1 1/2 tsp. salt
Dash pepper
1/3 c. vinegar
1/4 c. water
1 T. parsley
1/2 tsp. celery seed
3 heaping T. mayonnaise

Cook bacon till crisp. Remove and crumble to use for salad. (If bacon is very fatty, remove some of the grease before cooking onions.) Add onion to bacon grease and cook till tender. Blend in flour, sugar, salt, and pepper. Add vinegar and water; cook,

Continued Next Page

GERMAN POTATO SALAD (Continued)

stirring till thick. Add parsley and celery seed. Remove from heat and stir in mayonnaise. Add bacon. Pour over potatoes. Toss lightly. Place in 350° oven 20 minutes until thoroughly heated.

POTATTA FRITTATA **Pat Oakes**

1 1/2 lbs. (3 to 4 med.) potatoes
1/2 lb. cauliflowerets, about 3 c.
1 1/2 c. milk
2 T. butter
2 T. flour
3 eggs, beaten
2 T. caraway seeds (2 T.)
1/4 c. grated Parmesan cheese
Salt and pepper to taste
Paprika

Peel and quarter 1 pound of the potatoes. Cook potatoes and cauliflowerets in about 2 inches of water, simmering until tender, 15 to 20 minutes. Drain and discard water; add 1/2 cup milk to vegetables and beat with electric mixer to mash coarsely, set aside. In saucepan melt butter. Stir in flour, cook until bubbly. Gradually stir in the remaining cup of milk; cook and stir over medium heat until thickened. Combine mashed vegetable mixture, milk mixture, eggs, caraway seeds and Parmesan cheese, mixing to blend well. Season with salt and pepper. Peel and thinly slice remaining 1/4 pound of potatoes. Arrange slices, overlapping as necessary, in bottom of buttered 1 1/2 quart ovenproof mold. Add the vegetable mixture. Cover with waxed paper or aluminum foil, set in a shallow pan of hot water and bake in 375° oven 55 to 60 minutes, until set. Cool; chill. To serve; loosen edges and unmold onto serving plate. Dust top with paprika. Serve sliced with cold meats and cheese. Makes 8 servings; about 158 calories per serving.

They that know no evil, will suspect none.

SCALLOPED RHUBARB Judy Gutzmer

1/4 c. butter
3 T. strawberry Jello
5 c. bread cubes, stale
4 c. rhubarb, diced
1 1/3 c. sugar

Melt butter, add Jello and bread. Mix well. Mix sugar and rhubarb. Add to butter mixture and stir. Put in greased 9 x 12 Pyrex dish. Add 1 tablespoon water in each corner. Bake 45 minutes at 325°.

BARBECUED CHEESE POTATOES Ann Greenlee

4 lg. potatoes
1/4 c. chopped onion
1 1/2 c. milk
1 T. butter
1/2 tsp. salt
1/8 tsp. pepper
1 T. chopped parsley
1 T. catsup
1/2 tsp. Worcestershire sauce
Dash of Tabasco
3/4 c. processed American cheese, finely diced

Peel potatoes and slice thin. Then combine all ingredients and pour into a heavy skillet or Dutch oven (for convenience when grilling outdoors, you could wrap in foil). Cover. Cook over low heat until potatoes are tender, about one hour. Serves 4 - 6.

STUFFED BAKED POTATOES DE LUXE Ann Greenlee

6 med. baking potatoes
1/2 c. dairy sour cream
1/4 c. butter or margarine
1/4 c. milk
1 tsp. salt
1/8 tsp. pepper
1 T. chopped green onions, optional
1/4 c. shredded Cheddar cheese

Oven: 55 to 70 minutes baking time. Scrub potatoes; prick several times with kitchen fork and bake in 435° oven until tender, 45 to 60 minutes. (If potatoes share the oven with other foods, theymay be baked in a 350° or 375° oven 60 to 80 minutes.) Cut slice from top of potato. Scoop out inside, reserving shells. Combine potatoes, sour cream, butter, milk, salt and pepper in

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STUFFED BAKED POTATOES DE LUXE (Continued)

small mixer bowl. Beat until fluffy. Stir in onion and spoon into shells. Sprinkle with cheese. Heat in 375° oven until hot and cheese is melted, 10 to 12 minutes. (When potatoes are refrigerated, reheat 20 minutes, adding cheese the last 3 or 4 minutes.) Makes 6 servings.

SQUASH CASSEROLE

Judy Gutzmer

(4 - 6 servings, about 2 1/2 quarts.)

2 lbs. yellow summer squash **or** zucchini, thinly sliced, about 6 c.
1/2 med. onion, chopped
1 c. pared shredded carrot
1 can cream of chicken soup
1 c. sour cream
1/4 c. flour
1 pkg. (8 oz.) seasoned stuffing crumbs
1/2 c. butter **or** margarine, melted

In large bowl, combine squash, onion, carrot and soup. Mix sour cream and flour. Stir in vegetables. Toss stuffing crumbs with butter and place half in Crock Pot. Add vegetable mixture and top with remaining stuffing crumbs. Cover and cook on low setting for 7 - 9 hours.

BROCCOLI AND RICE CASSEROLE

Karen Balbierz

1 box frozen chopped broccoli
1 can cream of chicken soup
1 c. Cheez Whiz
1 c. Minute Rice
1/2 c. milk
Chopped onion, to taste

Cook broccoli according to instructions on box. Mix remaining ingredients together. Bake in 350° oven for 30 to 40 minutes, stirring after 15 minutes.

What makes eating your words so difficult is swallowing your pride at the same time.

EGGPLANT CASSEROLE Cleda Ross

1 lg. eggplant
1/3 c. milk
1 can cream of celery soup (10 oz.)
1 beaten egg

TOPPING:
1/2 c. seasoned stuffing mix
2 T. melted butter
1/2 c. chopped onion
3/4 c. seasoned stuffing mix
1 sm. can chopped mushrooms
1 c. shredded sharp cheese
1 c. shredded sharp cheese

Peel, dice eggplant. Cook in 1 teaspoon salt in 5 cups water for 8 minutes. Blend milk into soup gradually, add beaten egg. Add drained eggplant, sauted onion, mushrooms, and stuffing mix. Toss lightly. Put about 1/2 of mixture in baking dish, cover with grated cheese, add rest of mixture. Cover with additional cheese. Top entire surface with buttered stuffing mix. Bake at 350° for about 30 minutes. Serves 6 to 8. (Can be divided and 1/2 frozen for use later.)

SAUSAGE AND POTATO SALAD Pauline Anderson

6 smoked thuringer sausages, 1 1/2 lbs.
1/2 c. water
5 med. sized red potatoes
1/4 to 1/2 lbs. bacon, 1 in. pieces
1/3 c. white vinegar
1/4 c. sugar
1 tsp. salt
1/8 tsp. pepper
1/2 c. diced celery
3 T. diced green pepper
2 T. pimento, cut in strips
1/8 tsp. paprika
2 hard cooked eggs, sliced if desired

Place sausage and water in large frying pan, cover tightly and cook slowly 20 to 25 minutes. Cook potatoes in skins until tender. Pan fry bacon and remove to absorbent paper. Reserve 2 tablespoons drippings in frying pan. Add vinegar, sugar, salt and pepper. Heat and stir until dissolved. Peel and slice hot potatoes. Add bacon, celery, green pepper, green onions, and pimento. Pour hot sauce over vegetables and lightly mix until ingredients are evenly distributed. Turn into heated

Continued Next Page

SAUSAGE AND POTATO SALAD (Continued)

serving dish. Sprinkle with paprika and garnish with egg slices. Serve warm with hot thuringer. 6 servings.

CURRIED CORN

Pat Oakes

1 T. oil
1/2 tsp. mustard seeds, black if available
1/2 lg. onion, chopped
1 clove garlic, chopped
1 tsp. finely chopped fresh ginger
1 green pepper, cut into 1/2 in. pieces
4 ears corn, cut off the cob (2 c.)
1/4 c. water
1/2 c. yogurt
1 tsp. lemon juice
1/2 tsp. curry powder
1/8 tsp. salt
1 tsp. chopped fresh coriander leaves or parsley

Heat oil in small heavy pan with lid. When it is hot drop in the mustard seeds and cover immediately. Pop them as popcorn, being careful not to burn, but being sure they all pop. When they are ready, add the onions and stir, cooking them until they are golden. Add garlic, then ginger, peppers, corn and a little water. Steam until corn is tender. Stir the yogurt, lemon juice, curry and salt together, then add them to the corn and heat gently so the yogurt doesn't curdle. Correct the seasonings. Just before serving add the coriander or parsley. Makes 4 servings.

DOUBLE BAKED SWEET POTATOES

Blanche Hobbs

6 lg. baked sweet potatoes
6 T. apple juice
1/2 c. squeeze Parkay margarine
2 T. packed brown sugar
1/2 tsp. ginger
Cocomallow topping

Slice potatoes in half lengthwise. Scoop out centers, leaving 1/8 inch shell. Mash potatoes. Add apple juice, margarine, brown sugar and ginger; beat until fluffy. Top with Cocomallow topping. Bake at 350°, 20 to 25 minutes.

COCOMALLOW TOPPING (12 servings) **Blanche Hobbs**

1 c. miniature marshmallows
1/3 c. shredded coconut
1 T. squeeze margarine

Combine ingredients; mix well.
Variations: Substitute one of the following for Cocomallow Topping.

CRAN-ORANGE TOPPING:
Combine one (11 ounce) can mandarin orange segments, drained, and 1/3 cup whole berry cranberry relish. Substitute mandarin orange syrup for apple juice, if desired.

PINEAPPLE-NUT TOPPING:
Combine one (8 1/4 ounce) can crushed pineapple, drained, and 1/3 cup chopped pecans. Substitute pineapple syrup for apple juice, if desired.

GRANOLA-RAISIN TOPPING:
Combine 1 cup Granola, 1/4 cup raisins and 1 tablespoon squeeze margarine.

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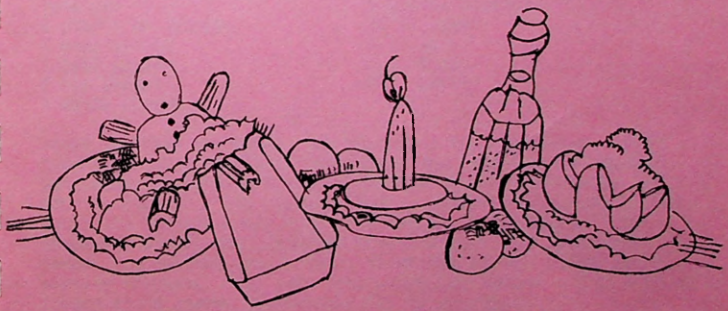
SOUPS
and
SALADS



SOUPS - SALADS

NO CALORIE SOUP

Connie McCune

6 lg. onions
Canned tomatoes **or** fresh
1 lg. bunch of celery
2 green peppers
1 lg. head white cabbage
1 pkg. dried onion soup mix **or** other herb seasoning

Cut vegetables in medium pieces and boil covered with water for 10 minutes. Turn on low heat and simmer until vegetables are soft. EAT THIS TASTY SOUP AS OFTEN AS YOU WISH - THERE ARE NO CALORIES!

TOMATO SOUP

Judy Gutzmer

Approximately 14 quarts canned.
Tomatoes
6 stalks of celery
2 med. onions
1 bell pepper
5 bay leaves
6 whole cloves
6 stalks parsley
10 T. sugar
4 T. salt
6 T. flour
8 T. butter

Scald tomatoes and peel. Run through a food processor. Fill cold pack canner to last ring before top (about 3 - 4 inches). Run celery, onions, and pepper through the food processor and add to tomatoes. Add the bay leaves, cloves and parsley. Cook until the mixture cooks down to a thicker consistency. Put through a sieve. Put strained tomatoes back into cold pack canner and add the sugar, salt, flour and butter. Cook until mixture thickens. Put into containers and freeze. (Can also be canned at 10 pounds of pressure for 30 minutes.)

Don't worry about knowing people. Just make yourself worth knowing.

PINK'S CARROT AND ORANGE SOUP

Pat Oakes

1 onion, chopped
2 T. butter
2 T. oil
1 lb. diced carrots, about 1 qt.
4 c. vegetable stock
1/2 tsp. salt
Dash pepper
1 sm. can frozen concentrated orange juice
1/3 to 1/2 c. cream and grated rind of an orange or 2/3 to 1/2 c. natural yogurt and chopped mint

Soften the onion in butter and oil. Add carrots and stock and simmer, covered, until carrots are well cooked. Add salt and pepper and puree' in blender or food mill. Season to taste with the thawed orange juice concentrate, mixing it in gradually so that it never becomes too strong. Correct the seasoning. For hot soup - reheat with cream and more stock if desired, and add the rind just before serving. For Chilled Soup - Mix in yogurt, dilute with water to desired thinness. Serve with two ice cubes in each bowl and a scatter of chopped mint. Makes 6 to 8 servings.

GARDEN VEGETABLE SOUP

Ann Greenlee

1/2 c. each chopped onion and celery
2 T. oil
4 c. chicken broth
4 lg. tomatoes, peeled and chopped (4 c.)
8 oz. green beans, cut in 1/2 in. pieces (1 1/2 c .)
1 lg. carrot, sliced (3/4 c.)
1 T. chopped fresh basil or 1 tsp. dried
1 tsp. sugar
1 bay leaf
2 med. zucchini, sliced, (2 c.)
6 oz. okra, sliced, (1 1/2 c.)
1 c. corn, cut off cob
Salt and pepper to taste

In large saucepan saute' onions and celery in oil until tender. Add broth, tomatoes, beans, carrots, basil, sugar and bay leaf. Bring to boil: reduce heat, cover and simmer 30 minutes. Add zucchini, okra and corn; return to boil; simmer covered 5 minutes or until tender. Season with salt and pepper. Makes 12 cups.

CHILLED GAZPACHO

Blanche Hobbs

4 c. tomato juice
1/2 c. Catalina French dressing
1/2 c. finely chopped onion
1/2 c. finely chopped green pepper
1/2 c. finely chopped cucumber

Combine ingredients; chill. Serve with croutons, chopped tomatoes, onion, green pepper or cucumber for garnishing; if desired. Ten (1/2 cup) servings.
Variation: Substitute 16 ounce can tomatoes, chopped and 2 1/4 cups tomato juice for 4 cups juice.

TACO SALAD

Judy Rhodes

1 med. head of lettuce
1 can of chili beans, drained, save juice
Otts French dressing to your taste
1 med. onion
2 med. tomatoes
2 c. longhorn cheese, grated
1 sm. pkg. of Frito corn chips

Chop lettuce, onion, tomatoes. Add cheese. Add drained beans to top of mixture. Toss together. Just before serving add dressing and the juice from the beans. Toss together again. Also add corn chips. They can be tossed together with the rest of the mixture or can be left on the top.

GREEN AND WHITE SALAD

Connie McCune

1 head lettuce
1/2 sm. head cauliflower
12 ripe olives, sliced
2 T. tarragon vinegar
1 clove garlic
1/2 bunch endive
1 (8 oz.) jar marinated artichoke hearts
1/4 c. olive or vegetable oil
1 tsp. salt
12 shakes monosodium glutamate

Tear greens into bite sized pieces. Break cauliflower in small pieces, cut artichoke hearts in half, olives in slices. Toss together. Add oil and toss until greens are coated. Add rest of ingredients and toss again.

HOT CHICKEN SALAD

Connie McCune

3 cans chicken chunks
6 hard boiled eggs
4 T. chopped onion
4 c. crushed potato chips, save out 1/2 c.
1 tsp. lemon juice
1 sm. jar pimentos
2 c. celery, cut fine
1 c. mayonnaise
1/2 c. sliced almonds
2 cans cream of chicken soup

Combine everything in greased 9 x 13 casserole. Sprinkle reserved 1/2 cup crushed potato chips on top. Bake uncovered in 400° oven for 30 minutes. Serve hot, serves 12 people.

TURKEY SALAD

Jean Sorg

1 c. mayonnaise
2 T. lemon juice
1/2 tsp. salt
1/4 tsp. pepper
3 c. diced cooked turkey
1 1/2 c. thinly sliced celery
1/2 c. finely chopped onion
1/4 c. finely chopped parsley

In medium sized bowl, stir together mayonnaise, lemon juice, salt and pepper until smooth. Add turkey, celery, onion and parsley. Toss to coat well. Cover, chill. Makes 5 cups.

PINK 'N PRETTY SALAD

Almeda Fleming

1 can cherry pie filling
1 can Eagle Brand condensed milk
2 c. miniature marshmallows
1 c. coconut
1 lg. can crushed pineapple, drained
1 c. nuts
1 (8 to 9 oz.) Cool Whip

Mix all together, and chill for several hours. Keeps well.

OLD FASHIONED SWEET SOUR COLESLAW

Almeda Fleming

1 1/2 lbs. shredded green cabbage
1 tsp. salt
2/3 c. sugar
1/3 c. vinegar
1 c. whipping cream

Continued Next Page

OLD FASHIONED SWEET-SOUR COLESLAW (Continued)

Place shredded cabbage in covered dish in refrigerator for several hours. Mix ingredients in order given 30 minutes before serving. Chill and serve.

GREEN JELLO SALAD — Jean Sorg

1 sm. can crushed pineapple
3 oz. box lime Jello
1 c. miniature marshmallows
1/2 pt. whipping cream
1 c. cottage cheese
1/2 c. crushed nuts
1 1/2 c. water

Drain juice from can of pineapple and boil with 1 1/2 cups of water. Dissolve lime Jello in boiling water and add 1 cup marshmallows. Stir until dissolved. Let set, whip Jello and add 1/2 pint whipping cream. Fold in pineapple, 1/2 cup crushed nuts, 1 cup cottage cheese, let stand as any Jello.

PEA SALAD — G Cox

1 tsp. chopped onion
3 tsp. vinegar
1/2 tsp. salt
1 tsp. mustard
1 pkg. gelatin, softened in 5 T. cold water
1 (No. 2) can peas, drained
1 (No. 2) can carrots, drained
1 c. celery, diced
2 T. green pepper
1 c. salad dressing

Combine onion, vinegar, salt and mustard in a saucepan; bring to boil. Let stand for 3 minutes stir in gelatin mixture. Pour over vegetables; add salad dressing. Yield: 8 servings.

Make the most of yourself for that is all there is of you.

CHICKEN SALAD PUFF

Blanche Hobbs

1 c. water
1/2 c. Kraft real mayonnaise
1 c. flour
1/4 tsp. salt
4 eggs
2 c. chopped cooked chicken
1 c. celery slices
3/4 c. Kraft real mayonnaise
1/2 c. slivered almonds, toasted
1/3 c. chopped red pepper
1/3 c. green onion slices
1/4 tsp. tarragon
Salt and pepper
1 avocado, halved, peeled

Bring water and mayonnaise to boil. Add flour and salt; stir vigorously over low heat until mixture forms a ball. Remove from heat. Add eggs, one at a time, beating well after each addition. Spread batter on bottom and sides of well greased 9 inch springform pan. Bake at 400°, 40 to 45 minutes or until golden brown. Turn off oven. Prick puff with fork. Leave in closed oven for 10 minutes. Loosen puff from rim of pan; cool before removing rim.. Combine remaining ingredients except avocado; mix lightly. Chill. When ready to serve, chop one avocado half and add to chicken mixture. Mix lightly. Fill pastry with chicken mixture; garnish with remaining avocado half, sliced. 4 to 6 servings.

WATERMELON MARSHMALLOW BOAT

Blanche Hobbs

Watermelon
Kraft miniature marshmallows
Banana chunks
Strawberries
Grapes
Blueberries
Peach slices

Cut off top third of watermelon. Scoop out melon balls, leaving 2 inch shell. Cut edge of shell in zig - zag design. Combine melon balls, marshmallows, and fruit; toss lightly. Spoon fruit mixture into shell.

While doubt stands still, confidence erects sky-scrapers.

SWISS GARDEN TOSS

Blanche Hobbs

2 c. shredded lettuce
1 c. ham strips
1 c. cold cooked rice
1 c. chopped tomato
1/2 c. chopped parsley
1/3 c. Kraft oil and vinegar dressing
1/4 c. green onion slices
1/4 c. sunflower seeds or chopped nuts
8 oz. Casino brand natural Swiss cheese, cut into sm. cubes

Combine ingredients except cheese; mix well. Chill. Before serving, add cheese; toss lightly. 6 servings.
Variation: Substitute 1/2 cup water; refrigerate 30 minutes. Drain; add wheat to remaining ingredients.

CUCUMBER SALAD WITH SOUR CREAM DRESSING

Blanche Hobbs

1 lg. long cucumber
1/2 tsp. salt
1 1/2 tsp. vinegar
1 T. chopped chives
1/2 c. sour cream

Pare cucumber and slice very thin. Add salt to ice water and cover cucumber. Refrigerate for at least one hour. Drain and wipe dry. Mix together the sour cream, a dash of salt and chives. Pour over the chilled cucumber slices, add thin onion rings and toss lightly to coat evenly.

SAUERKRAUT SALAD

Blanche Hobbs

1 1/2 c. sugar
2/3 c. vinegar
1 lg. can sauerkraut
1 c. diced celery
1 green pepper, chopped fine
1/2 c. chopped onion

Mix sugar and vinegar; bring to a boil. Cool. Wash sauerkraut 7 times. Pour vinegar mixture over sauerkraut; add remaining ingredients. Mix. Refrigerate. Makes 8 servings. Keeps well.

SPINACH SALAD Blanche Hobbs

2 qts. (1 lb.) torn spinach
4 crisply cooked bacon slices, crumbled
3 hard cooked eggs, chopped
Onion rings
Kraft Italian or Caesar dressing

Combine spinach, bacon, eggs, onion, and enough dressing to moisten; toss lightly, 6 to 8 servings.

VEGETABLE PATCH MAC SALAD Blanche Hobbs

7 1/4 oz. pkg. Kraft macaroni and cheese dinner
1 c. chopped tomato
3/4 c. chopped cucumber
1/3 c. radish slices
1/2 tsp. salt
Dash of pepper
1/2 c. Miracle Whip salad dressing

Prepare dinner as directed on package. Add vegetables, seasonings and salad dressing; mix lightly. Chill. Add additional salad dressing before serving, if desired. 6 servings.

NORDIC TOSSED SALAD Blanche Hobbs

5 c. torn assorted greens
1 c. zucchini slices
1 c. mushroom slices
1/2 c. pitted ripe olive slices
1 c. cherry tomato halves
Kraft Thousand Island dressing

Combine greens, zucchini, mushrooms and olives in salad bowl; toss lightly. Top with tomatoes; serve with dressing. 8 servings. NOTE: May be toted and tossed in plastic bag; place in serving bowl and serve with dressing.

Our ideas are like our children, They are the best in the world.

GREEN RICE

Donna Casement

3 c. cooked rice, rinsed with cold water (1 1/2 c. of rice)
1/4 c. finely chopped green pepper
1 c. chopped parsley
1/2 c. shredded sharp American cheese
1/4 c. finely chopped onion
1 tsp. salt
1/4 tsp. each of pepper, seasoned salt and Ac'cent
1 T. lemon juice
1/2 tsp. grated rind of lemon
1 clove of garlic, minced
1/4 c. salad oil
2 beaten eggs
1 (14 oz.) can Pet milk

Combine rice, green pepper, and parsley. Add cheese, onion, salt, and Ac'cent. Stir in rest of ingredients. Turn into 10 x 6 x 1 1/2 pan. Bake 35 minutes at 350°. Let stand out of oven 5 minutes before serving. Serves 10.

NEAPOLITAN SALAD FOR TWO

Blanche Hobbs

16 oz. can tomatoes
1/2 c. Italian dressing
4 oz. can mushrooms, drained
Lettuce
1/2 c. onion rings
1/2 c. pitted ripe olives
1/2 c. garbanzo beans
1 T. parsley flakes

Drain tomatoes, reserving 1/2 cup liquid. Combine reserved liquid and dressing. Combine 1/2 cup dressing mixture, tomatoes, mushrooms, onion rings, olives, beans and parsley, mix lightly. Chill. Serve on lettuce covered plates with remaining dressing mixture, if desired. 4 servings.

SAUERKRAUTESALAT (Sauerkraut Salad)

Blanche Hobbs

2 c. sauerkraut
1 grated apple
3 T. olive oil
Pepper

Mix ingredients well, season. Makes 4 servings.

GURKEN SALAD (Cucumber Salad) Blanche Hobbs

4 med. size cucumbers, peeled and sliced
1 onion, cut fine
2 hard boiled eggs, sliced
1/2 tsp. salt and pepper to taste
2 T. vinegar
1/2 c. cream

Mix ingredients together and serve.

MOM'S WILD RICE SALAD Donna Casement

1 box Uncle Ben's long grain and wild rice
1 (6 oz.) jar Cara Mia marinated artichokes hearts
1 (17 oz.) can early peas, drained
1/4 c. chopped green onion
1/4 lb. slice fresh mushrooms
1 (8 oz.) jar Ottis French dressing

Prepare rice as directed on package. Cool to room temperature. Drain and separate artichoke hearts. Mix together all ingredients and refrigerate.

CRUNCHY HAM SALAD Blanche Hobbs

2 c. ham, cut in 1/2 in. cubes
1/4 c. mayonnaise
2 T. diced sweet pickles
1/2 c. diced celery
1 T. sweet pickle juice
1/2 c. cooked peas, chilled
1/8 tsp. dry mustard
1/2 tsp. instant minced onion
1 c. coarsely crushed potato chips

Mix salad dressing wiht pickle juice. Combine with remaining ingredients except potato chips. Just before serving add potato chips and mix. Serve on crisp green lettuce.

A man isn't poor if he can still laugh.

BACON AND EGG SALAD

Blanche Hobbs

1/2 c. fried and crumbled bacon
6 hard cooked eggs, peeled and chopped
1/2 c. mayonnaise or salad dressing
2 T. chopped pickle
2 T. chopped green pepper
2 T. minced onion
1/8 tsp. dry mustard

Combine all ingredients, adding more mayonnaise if necessary to reach desired consistency. Makes an excellent salad served on greens, a tasty sandwich or served on crackers, makes a delicious appetizer.

FROSTY MANDARIN DESSERT-JELLO

Ann Greenlee

1 can (11 oz.) mandarin orange sections
2 pkgs. (3 oz.) each or 1 pkg. (6 oz.) Jello orange gelatin
2 c. boiling water
1 pt. orange sherbet

Drain oranges, measuring syrup. Add water to syrup to make 1 cup. Dissolve gelatin in boiling water. Add measured liquid. Add sherbet by spoonfuls, stirring until melted. Chill until thicken. Fold in oranges, reserving a few for garnish. Pour into a serving bowl or individual serving dishes. Chill until set, at least one hour. Garnish with reserved mandarin orange sections and mint leaves, if desired. Makes about 5 cups or 8 servings.

SAFARI SALAD

Blanche Hobbs

2 qts. torn assorted greens
2 c. cantaloupe balls
2 c. watermelon balls
1 c. onion rings
2 T. filled sunflower seeds
Cucumber dressing

Combine greens, cantaloupe, watermelon and onion rings; toss lightly. Sprinkle with sunflower seeds. Serve with dressing. 8 servings.

CONTINENTAL PATE'

Blanche Hobbs

1 envelope unflavored gelatin
1 1/4 c. cold water
1/2 lb. liver sausage
3/4 c. mayonnaise
2 T. finely chopped onion
1/4 tsp. dry mustard
Dash of nutmeg

Soften gelatin in cold water; stir over low heat until dissolved. Combine remaining ingredients, mixing until well blended. Gradually add gelatin to liver sausage mixture; mix well. Pour into lightly oiled 3 1/2 cup mold. Chill until firm. Unmold. Garnish with cherry tomatoes, if desired. Serve with crackers. 6 to 8 servings.

STORYBOOK SALAD

Blanche Hobbs

2 c. mayonnaise
2 T. sugar
1 T. prepared mustard
1/8 tsp. coarse grind black pepper
1 qt. spinach
2 c. mushroom slices
2 c. shredded carrots
2 c. chopped cucumber
1 c. red onion rings
2 c. orange slices
2 crisply cooked bacon slices, crumbled

Combine mayonnaise, sugar, mustard and pepper; mix well. Chill. Tear spinach into bite size pieces. Layer spinach, mushrooms, carrots, cucumber, onion rings and orange slices in 2 1/2 quart serving bowl. Top with 1 cup dressing. Sprinkle with bacon. Serve with remaining dressing. 8 servings.

STEAMBOAT SALAD

Blanche Hobbs

8 oz. bottle French dressing
2 tsp. chile powder
2 qts. torn assorted greens
2 c. tomato wedges
12 oz. can Mexicorn, drained
Shoestring potatoes

Combine dressing and chili powder; mix well. Combine greens, tomatoes and Mexicorn; toss lightly. Sprinkle with potatoes. Serve with dressing. 6 to 8 servings.

PINEAPPLE CHEESE SALAD

Doneva Yeager

1 c. crushed pineapple (No. 2) can, drained
1/4 lb. grated cheese
10 marshmallows
2 eggs
2 T. sugar
1 T. flour

Boil juice of pineapple, add beaten eggs, sugar, and flour. Cook until thick. Cool and pour over rest of ingredients.

THREE BEAN SALAD

Ann Greenlee

1 can kidney beans, drained
1 can green beans, drained
1 can wax beans, drained
Onion, mangoes, pimentos, optional
1/2 tsp. pepper
2/3 c. vinegar
1/3 c. oil
3/4 c. sugar
1 tsp. salt

Mix thoroughly vinegar, oil, sugar, salt and pepper and pour over beans. Let stand overnight for best results. Will keep for several days.

CORNED BEEF LUNCHEON SALAD

Elnora Hale

1 pkg. lemon Jello, regular
1 can corned beef, chopped
1 c. diced celery
1 c. peas
1 c. pecans, chopped
1 c. mayonnaise
1 grated apple

Mix Jello and 1 cup boiling water don't add cold water. Cool. Mix all rest of ingredients and then mix with cooled Jello; put in a 8 1/2 x 11 1/2 pan and set in cool refrigerator until firm.

We need life in our hopes to put hope in our lives.

FRUIT SALAD — Vivian Heagy

1 can fruit cocktail
1 can chunk pineapple
1 can mandarin oranges
2 bananas
1 pkg. instant pudding

Stir into the instant pudding the above fruit. Keep refrigerated for several hours before serving.

FRUIT COCKTAIL SALAD — Blanche Hobbs

1 pkg. Jello
1 can fruit cocktail
1 c. strawberries
1 c. whip cream

Fix Jello as directions indicate when thickened somewhat add rest of ingredients.

PISTACHIO SALAD — Ann Greenlee

1 (3 3/4 oz.) pistachio instant pudding
1 can crushed pineapple (10 oz.)
1 (8 oz.) whipped topping

Add first two items and then fold in whipped topping. You may add marshmallow and extra nuts when mixing first two items.

RICE IMPERATRICE — Pat Oakes

1 c. short to med. grain rice, uncooked
1 c. milk
1 c. water
Pinch of salt
2 c. whipping cream
1/2 c. sugar
1/2 c. chopped candied lemon or orange peel
1/2 c. chopped maraschino cherries
1 c. apricot preserves or jam
1/2 c. rum or 1/2 c. water or orange juice and rum extract to taste

Cook rice in combined milk and water according to package directions; cool. Whip cream, sweetening to taste. Combine candied fruit and cherries with cooled rice. Fold in sweetened

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RICE IMPERATRICE (Continued)

whipped cream. Prepare 6 cup metal mold by rinsing with cold water (mold may be lined with plastic wrap). Spoon rice mixture into mold, leveling surface. Freeze. To prepare sauce, heat apricot jam or preserves in small saucepan. Puree' with food mill or food processor. Add rum or optional flavoring. Cool. To serve, unmold frozen rice mixture onto chilled serving plate and allow to stand at room temperature for about 30 minutes. Top with some of the sauce and slice into desired portions. Pass additional sauce. Makes 8 to 10 servings.

If available use Italian rice. If rice mold is to be stored in freezer for several days before serving, either wrap mold airtight or unmold, return to freezer to freeze surface, then wrap for freezer. Apricot-rum sauce should be stored in the refrigerator. Extra sauce is excellent as ice cream topping.

SAUERKRAUT SALAD **Almeda Fleming**

1 can sauerkraut
3/4 c. sugar
1 c. diced celery
1 c. green pepper, diced
1/4 c. diced onion
3 T. vinegar
1/2 tsp. salt
1/8 tsp. pepper
1 tsp. celery seed
3 tsp. diced pimento

Drain sauerkraut in colander in 15 minutes. Cut into 1 inch pieces. Place in large mixing bowl. Add remaining ingredients. Mix well. Store in refrigerator at least 24 hours. Keeps well, too. 10 servings.

A good example is the best sermon.

WEST INDIES CHICKEN RICE SALAD

Pat Oakes

2 1/2 c. water
1 c. converted rice
1 1/2 tsp. salt
1/4 c. shredded or flaked coconut, toasted
2 c. cut up cooked chicken
1 c. mayonnaise
1/4 c. lime juice
1/4 c. chutney, chopped
1 tsp. curry powder
1 c. coarsely chopped peaches or nectarine
1 c. seedless grapes, halved or Bing cherries, pitted and halved
1 banana, sliced

Bring water to boil. Stir in rice and 1 teaspoon salt. Cover tightly and simmer 20 minutes. Remove from heat. Let stand covered until water is absorbed, about 5 minutes. Transfer to bowl. Cover and chill. Add chicken and coconut to rice; mix well. Blend mayonnaise, lime juice, chutney, curry powder and remaining 1/2 teaspoon salt. Add to rice mixture; mix well. Chill. Just before serving, add peaches, grapes and banana. Makes 6 main dish servings.

EASY FRUIT SALAD

Almeda Fleming

1 can fruit cocktail
1 can chunk pineapple
1 pkg. lemon instant pudding mix
1 can mandarin oranges
2 or 3 bananas

Drain and save juices of cocktail, pineapple. Add these juices to package of pudding mix. Stir and then pour over above fruits, plus can of mandarin oranges. Add bananas. Chill for several hours for flavors to marinate.

OVERNIGHT LAYERED FRUIT SALAD

(6 Servings)

Blanche Hobbs

2 c. shredded iceberg lettuce
2 Golden Delicious apples
2 navel oranges
2 c. seedless green grapes
1/3 c. mayonnaise
1/3 c. sour cream
1 c. shredded mild Cheddar cheese

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OVERNIGHT LAYERED FRUIT SALAD (Continued)

Spread lettuce on bottom of 2 quart serving dish. Core and quarter apples; slice thinly and layer over lettuce. Peel and section oranges; squeeze a teaspoon or so of orange juice onto the apples; arrange sectioned oranges on top of apple slices. Layer grapes. Combine mayonnaise and sour cream in small bowl; spread over grapes. Sprinkle shredded cheese over all. Cover dish tightly with plastic wrap. Refrigerate overnight.

MARINATED VEGETABLES — Blanche Hobbs

1 c. corn oil
1 c. cider vinegar
1/3 c. sugar
4 tsp. salt
1/2 tsp. pepper
2 cans (16 oz.) each red kidney beans, drained
2 cans (16 oz.) each whole baby carrots, drained
1/2 c. finely chopped onion
3 pkgs. (10 oz.) each frozen broccoli spears, cooked, drained

Mix first 5 ingredients. Place beans and carrots in 13 x 9 x 2 inch dish. Sprinkle with vegetables. Cover; refrigerate overnight. Drain; arrange on platter. Makes 12 servings. Allow a day for flavor to develop.

AUTUMN VEGETABLE TOSS (8 servings) — Blanche Hobbs

1 qt. torn cabbage
2 c. broccoli flowerets
1 c. chopped green pepper
1 c. radish slices
1 c. red grape halves, seeded
2/3 c. Thousand Island dressing

Combine ingredients; mix lightly. Chill. Serve in cabbage lined bowl, if desired.

Plan your work, then work your plan.

HARVEST FRUIT SALAD (4 - 6 Servings) **Blanche Hobbs**

8 oz. bottle Kraft French dressing
1/4 c. honey
1/4 tsp. ground cloves
1 c. pear slices
1 c. orange slices
1 c. apple slices
1 1/2 qts. torn assorted greens
Granola cereal

Combine dressing, honey and cloves; mix well. Arrange fruit on lettuce covered plates. Serve with dressing mixture; sprinkle with cereal.

LIME JELLO SALAD **Judy Gutzmer**

1 (No. 2) can pears in light syrup
1 (8 oz.) pkg. Philadelphia cream cheese
1 (9 oz.) pkg. Cool Whip
1 sm. pkg. lime Jello
2 T. milk

Heat 1 cup pear syrup. Do not boil. Pour over Jello until dissolved. Add cheese that has been creamed with milk. Mix well. Chill till syrupy and then blend in mashed pears.

SWEETHEART SALAD **Freda Safstrom**

2 c. crushed pineapple
1/2 c. sugar
1 1/2 tsp. granulated gelatin
1/4 c. cold water
2 tsp. lemon juice
2 tsp. cherry juice
6 oz. pkg. cream cheese
1/2 pt. whipping cream
12 maraschino cherries

Heat pineapple juice with sugar. Add the gelatin which has been softened in the water. Stir until melted. Add lemon and cherry juices. Cool. Mash cream cheese, add cherries, cut up, mix with pineapple mixture. Add small amount of mixture to cheese at a time. Chill. Whip cream and add to pineapple mixture. Mold and chill.

KRAUT SALAD

Ann Greenlee

No. 303 can of kraut
2 c. celery, chopped
1 green pepper, chopped
1/2 c. chopped onion
1/2 c. chopped red pimento, sm. can
2/3 c. sugar
Salt to taste
A little chopped sweet pickle

Mix all together and let set overnight in refrigerator.

VEGETABLE SALAD

B Jennings

Tear one head lettuce in shreds in bowl
3 hard cooked eggs, sliced over lettuce
1 (10 oz.) pkg. raw frozen peas
2 finely sliced green onions
1 finely sliced green pepper
1 c. finely chopped celery
1 c. cauliflowerets

Sprinkle 2 tablespoons sugar over top. Completely seal over top with mayonnaise. Top with 4 ounces grated Parmesan cheese and 8 slices crisp bacon, crumbled. Leave in icebox 24 hours. Simplier Version - Omit cauliflower and eggs; use 2 ounces cheese and 1/2 the package of raw peas. Proceed as with full recipe.

CHERRY SALAD

Cleda Ross

3 c. hot water
2 (3 oz.) pkgs. cherry Jello
1 can pie cherries
Sweeten cherries to taste
1 (3 oz.) pkg. cream cheese
20 lg. marshmallows
Cool Whip, sm. carton
1/4 c. chopped pecans for garnish

Dissolve Jello in the hot water. Add the cherries and enough juice to make 1 cup liquid. Pour into a 9x13 shallow dish and refrigerate until set. Melt the marshmallows and cream cheese in the top of a double boiler. When melted, cool and blend this mixture into the Cool Whip. Spread over the Jello which has set. Sprinkle with the chopped pecans. Can be used for salad or dessert.

APRICOT NECTAR SALAD

Cleda Ross

2 (3 oz.) pkgs. orange Jello
2 c. boiling water
12 lg. marshmallows dissolved in the boiling water
1 med. can crushed pineapple, drained
1 1/2 c. apricot nectar
Cool Whip, sm. container

INGREDIENTS FOR TOPPING:
1 egg, beaten
1/2 c. sugar
3 T. flour
3 T. butter
1/2 c. pineapple juice
1/2 c. apricot nectar
1/2 c. grated Velveeta cheese

Dissolve the marshmallows in the boiling water. Add to the Jello, stirring until Jello is dissolved. Add well drained crushed pineapple and apricot nectar. Pour into large shallow dish and refrigerate until set.

Prepare Topping - Beat egg, add sugar and flour and butter. Slowly blend in pineapple and apricot juices. Cook over low heat until thick. Let cool, stirring frequently. Fold dressing into Cool Whip. Frost Jello. Garnish with cheese.

PINEAPPLE CHEESE SALAD

Cleda Ross

2 c. crushed pineapple
3/4 c. sugar
Juice 1 lemon
2 T. Knox gelatin
1/2 c. cold water
1 c. grated Velveeta cheese
1/2 pt. of cream, whipped
Mayonnaise
1/2 c. grated Velveeta cheese
Chopped green pepper

Heat pineapple, sugar and lemon juice until hot. (Do not boil.) Dissolve gelatin in cold water and add to hot pineapple mixture. Let cool until it begins to jell. Add the grated cheese, 1 cup, and the whipped cream. Pour in shallow dish to set. Spread with mayonnaise. Sprinkle with 1/2 cup grated cheese and sprinkle lightly with green pepper for garnish.

FROZEN FRUIT SALAD

Pauline Anderson

2 cans (8 3/4 oz.) each crushed pineapple, drained
1 c. cottage cheese
1 c. chopped unpeeled red apple
1 c. halved seedless grapes
1/2 c. quartered maraschino cherries
1/2 c. toasted salted sliced almonds
8 marshmallows, quartered
1 c. whipping cream, whipped
1/2 c. dairy sour cream

In a large bowl combine pineapple, cottage cheese, apple, grapes, cherries, almonds and marshmallows. Gently fold sour cream into whipped cream; then carefully fold into fruit mixture. Turn into pan. Freeze 4 - 5 hours or overnight. Allow to stand at room temperature 1 1/2 hours before serving.

ORANGE, PINEAPPLE AND CHEESE SALAD

Pauline Anderson

1 (No. 2) can crushed pineapple including juice
1 family size orange Jello
1 c. chopped walnuts
2/3 c. sugar
2 c. cold water
1 lg. Cool Whip

Mix and bring to boil crushed pineapple and sugar. Dissolve Jello well. Add the 2 cups cold water. Stir well. Chill until thickened. Fold in 1 1/2 cups grated mild Cheddar cheese. Refrigerate and keep in tight container.

The best excuse is the one you never make.

CHICKEN-RICE SALAD WITH CASHEWS Yield 6 servings **Ann Greenlee**

3 c. chicken, cooked and coarsely diced
1/2 c. celery, diced
2 green onions, sliced thin
3 c. cooked brown rice
1/2 c. mayonnaise
1/2 c. yogurt
1 T. lemon juice
1 tsp. salt
1/2 c. raw unsalted cashew nuts
Salad greens for garnish

Combine chicken, celery, onion and rice in large bowl. In small bowl, combine mayonnaise, yogurt, lemon juice, honey and salt; mix well. Pour dressing over mixture and toss lightly but thoroughly. Adjust seasonings; mix lightly. Place in refrigerator, covered, for about two hours before serving to blend flavors. (Cashew nuts should be added just before serving to retain crispness.) Serve on salad greens.

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DESSERTS

DESSERTS

BAYERISCHER APFELSTRUDEL (Bavarian Apple Strudel) Blanche Hobbs

1 T. oil
1 egg
1/3 c. warm water
1/4 tsp. salt
1 1/2 c. sifted flour
1/3 c. melted margarine or butter
1/4 c. raisins
8 c. thinly sliced peeled and cored tart apples
6 T. dry bread crumbs
2 T. dark rum
3 T. sugar
1/2 tsp. cinnamon
1/4 c. finely chopped almonds

Confectioner's sugar or whipped cream optional. Beat together oil, egg, water, and salt. Add flour while beating until a firm dough which pulls away from bowl forms. Knead several times until smooth and elastic. Cover. Let stand 30 minutes. Cut with sharp knife into two equal parts. Roll out each piece on floured cloth to a 12 x 18 inch rectangle. Brush with melted margarine. Sprinkle evenly with bread crumbs. Spread 4 cups of apples on each portion, legthwise down the center of the dough. Sprinkle each with 1 tablespoon rum, 1 1/2 tablespoons sugar, 1/4 teaspoon cinnamon, 2 tablespoons almonds, and 2 tablespoons raisins. Fold it over apples on one side, then the other. Slide rolls onto greased baking sheet. Brush with melted margarine. Bake at 400°. For 45 minutes.

APPLE STREUSEL Judy Gutzmer

4 c. apples, sliced
3/4 c. sifted flour
1 c. sugar
1/2 c. butter
1 tsp. cinnamon
Salt, pinch

Put apples in bottom of baking dish. Combine all remaining ingredients together and crumble over the top. Bake at 350° until done. Serve hot.

TEA PARTY TARTS Blanche Hobbs

8 oz. pkg. Philadelphia cream cheese
1 c. flour
1/4 tsp. salt
2/3 c. margarine
Strawberry halves and banana slices
1/2 c. sugar
2 T. cornstarch
1 c. milk
1/2 tsp. vanilla
Dash of salt

Combine flour and salt; cut in 4 ounces cream cheese and margarine until mixture resembles coarse crumbs. Divide dough into 12 balls; chill. On lightly floured surface, roll out each ball to 4 1/2 inch circle. Place in 3 inch tart pans. Prick with fork. Bake at 375°, 15 to 20 minutes or until golden brown. Cool completely. Combine sugar, cornstarch and salt in saucepan. Gradually add milk. Cook over medium heat, stirring constantly, until mixture is clear and thickened. Add vanilla and remaining cream cheese, cubed; stir until smooth. Fill tarts. Chill. Before serving, garnish with strawberries and bananas. 12 tarts.

GERMAN TARTS Judy Gutzmer

1 c. granulated sugar
1/4 c. oleo
2 eggs
2 T. cornstarch
1 T. cinnamon
1 tsp. vanilla
1 c. raisins

Mix together granulated sugar, oleo. Add 2 eggs and beat well. Mix cornstarch, cinnamon, vanilla with raisins. Pour into muffin tins lined with unbaked pastry dough. Bake in oven 350° for about 30 minutes.

STRAWBERRY CREAM ROLL Ann Greenlee

4 eggs, separated
14 graham cracker squares, finely crushed, about 1 c. crumbs
1/4 c. all-purpose flour
1 tsp. baking powder
1 tsp. vanilla
2 T. margarine, melted and cooled
3 T. powdered sugar
1 c. chilled whipping cream
1 tsp. vanilla

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STRAWBERRY CREAM ROLL (Continued)

1/2 c. granulated sugar
1/4 c. water
1 pt. strawberries

Let separated eggs stand until room temperature. Heat oven to 400°. Line jelly roll pan, 15 1/2 x 10 1/2 x 1 inch, with aluminum foil; generously grease foil. Mix crumbs, flour and baking powder. Beat egg yolks, 1/4 cup granulated sugar, the water and 1 teaspoon vanilla in large bowl on high speed until very thick and lemon colored, about 5 minutes. Beat egg whites on high speed until foamy. Gradually beat in remaining 1/4 cup granulated sugar until stiff. Fold egg white mixture into egg yolk mixture. Carefully fold in cracker crumb mixture; fold in margarine. Spread in pan. Bake until wooden pick inserted in center comes out clean, 12 to 15 minutes. Loosen cake from edges of pan; invert on towel sprinkled with 2 tablespoons of the powdered sugar. Carefully remove foil. While hot, roll cake and towel from narrow end. Cool on wire rack 30 minutes. Beat whipping cream and 1 teaspoon vanilla in chilled small bowl on medium speed until stiff. Cut 6 large strawberries into halves; reserve. Thinly slice remaining strawberries. Unroll cake; remove towel. Spread with whipped cream mixture; top with thinly sliced strawberries. Roll up; place seam side down on serving plate. Sprinkle with remaining 1 tablespoon powdered sugar; arrange reserved strawberry halves on cake roll. Store cake roll in refrigerator. Makes 12 servings.

COBBLER **Ann Greenlee**

1 egg, beaten
1/3 c. milk
3 T. melted shortening, oil or butter may be used
1 c. flour
2 tsp. baking powder
1 pinch of salt
1/2 c. sugar

Bake at 350° for 30 minutes. Use any kind of fruit. Heat to almost a boil and pour over mixture.

NO-KNEAD CARAMEL BRAID

Ann Greenlee

1 pkg. active dry yeast
1/4 c. warm water (105° to 115°)
2 eggs
1 c. lukewarm milk, scalded then cooled
1/4 c. margarine or butter, softened
1/4 c. sugar
1 1/2 tsp. salt
4 to 4 1/2 c. all-purpose flour
Caramel filling, see below
Browned butter glaze, see below

Dissolve yeast in warm water. Stir in eggs, milk, margarine, sugar and salt. Stir in 1 cup flour. Stir in remaining flour; continue stirring until soft, sticky dough forms. Cover; let rise in warm place until double, about 1 hour. Prepare caramel filling. Stir down dough by beating about 25 strokes. Turn onto well floured surface; roll or pat into rectangle. 18 x 12 inches. Spread with caramel filling. Cut into 3 strips, 18 x 4 inches. Roll each into rope; pinch edges and ends. Place diagonally and close together on lightly greased cookie sheet. Braid ropes gently and loosely. Do not stretch. Pinch ends; tuck under. Cover; let rise until 1 1/2 times original size, about 30 minutes. Place oven rack below center of oven. Heat oven to 350°. Bake until braid is golden brown and sounds hollow when tapped. 25 to 30 minutes. (If braid is browning too quickly, cover loosely with aluminum foil.) Cool slightly; spread with browned butter glaze.

Caramel Filling - Mix 1 cup chopped nuts, 2/3 cup packed brown sugar and 1/3 cup margarine or butter, softened.

Browned Butter Glaze - Heat 1/4 cup butter or margarine in 1 1/2 quart saucepan over medium heat until delicate brown. Remove from heat; stir in 2 cups powdered sugar and 1 teaspoon vanilla. Stir in 1 to 2 tablespoons milk, 1 teaspoon at a time, until smooth. If necessary, stir in few drops hot water until of desired consistency. Makes 1 braid.

PRINCESS BROWNIES

Blanche Hobbs

1 pkg. family size brownie mix
8 oz. pkg. Philadelphia brand cream cheese
1/3 c. sugar
1 egg
1/2 tsp. vanilla

Prepare brownie mix as directed on package. Combine softened cream cheese and sugar mixing until well blended. Blend in egg and vanilla. Spread brownie batter onto bottom of greased 13 x 9 inch baking pan, reserving 1/2 cup batter. Cover with cream cheese mixture; spoon on reserved batter. Cut through batter with knife several times for marble effect. Bake at 350° 35 to 40 minutes or until wooden pick inserted in center comes out clean. Cool; cut into squares.

BROWNIE MIX

Judy Gutzmer

Stores well. Can be used for brownies or cookies.

6 c. flour
4 tsp. baking powder
4 tsp. salt
8 c. sugar
2 1/2 c. cocoa
2 c. shortening

Sift flour, baking powder and salt. Mix sugar and cocoa and add to above. Cut in shortening as for pie crust. Store in airtight container.

To Make Brownies - Use 2 cups of mixture and add 2 beaten eggs and 1 teaspoon vanilla. Nuts if desired. Bake in 8 x 8 greased pan at 350° for 20 - 25 minutes.

To Make Cookies - Use 2 cups of mix, 1/2 cup nuts and 1 egg. Drop on cookie sheet and bake for 8 - 10 minutes.

He who brings sunshine into the life of another has sunshine in his own.

COFFEE BUNDT CAKE

Karen Balbierz

1 pkg. yellow cake mix
1 pkg. instant vanilla pudding
3/4 c. vegetable oil
3/4 c. water
4 eggs
1 tsp. vanilla
1 tsp. butter extract
1/4 c. sugar
1/4 c. pecans, chopped
2 tsp. cinnamon
1/2 c. butter
1/3 c. pecans, chopped

GLAZE: (Optional)
1 c. powdered sugar
3 T. milk
1/2 tsp. vanilla
1/2 tsp. butter extract

Combine cake mix, pudding, vegetable oil and water. Add eggs, one at a time, then beat 6 minutes. Add vanilla and butter extract. Mix separately sugar, cinnamon, and 1/4 cup pecans and set aside. Use Bundt pan which has been buttered with 1/2 cup butter and sprinkle with 1/3 cup pecans. Pour in pan alternating batter, then cinnamon mixture, beginning and ending with batter. Bake 40 - 60 minutes. Set on rack to cool for 8 minutes. Remove from pan and pour glaze mixture over hot cake.

APPLE CAKE

Karen Balbierz

2 eggs
1 c. melted butter, (2 sticks)
2 c. sugar
1 tsp. salt
After all ingredients add 1 can apples
1 tsp. vanilla
1 tsp. soda
2 to 3 T. cinnamon
2 c. flour
1 pkg. walnuts or pecans, if desired

Add all ingredients together except for apples. Add apples and mix well. Bake 1 hour at 350°.

The only people who never fail are those who never try.

APPLE CAKE

Almeda Fleming

3 c. flour
2 c. sugar
1 tsp. cinnamon
1 tsp. soda
1/2 tsp. salt
3 c. peeled chopped apples
2 tsp. vanilla
1 1/2 c. Wesson oil
1/2 c. coconut
1/2 c. nuts
2 well beaten eggs

Sift together the flour, sugar and cinnamon. Mix apples with flour mixture, then add remaining ingredients. Pour into 9 x 15 inch pan. Bake 60 minutes at 350°.

GOOEY BUTTER CAKE

Judy Gutzmer

1 yellow Duncan Hines cake mix
1 stick oleo
2 eggs
1 (8 oz.) pkg. cream cheese
2 eggs
1 box powdered sugar

Mix well the cake mix, oleo and 2 eggs. Spread into a greased and floured 9 x 13 large Pyrex dish. Mix well the cream cheese, 2 eggs and powdered sugar and pour on top of the other batter. Bake 350° for 30 - 35 minutes. Do not overbake. It should remain a little gooey.

Most of us just think we think.

ITALIAN CREAM CAKE

Ann Greenlee

1/2 c. Crisco
1 stick soft oleo
2 c. white sugar
1 tsp. vanilla butter and nut flavoring
1 tsp. soda
1/2 tsp. salt
2 c. flour
1 c. buttermilk
2 c. coconut
1 c. pecans
1/2 c. maraschino cherries, chopped
5 eggs, separated

Cream Crisco, oleo and sugar; add egg yolks, 1 at a time, as you beat the cream mixture. Add buttermilk slowly with dry ingredients. Stir in flavoring, add coconut, nuts and cherries. Fold in stiffly beaten egg whites. Bake in 3 layers at 330°, 40 minutes or until done.

ICING:
1 stick oleo
1 c. chopped nuts
1 (8 oz.) cream cheese
1 box powdered sugar
1 tsp. vanilla butter and nut flavoring

Beat until creamy and fluffy.

MISSISSIPPI MUD CAKE

Blanche Hobbs

2 sticks oleo
2 c. sugar
1 1/2 c. flour
4 eggs
2 T. cocoa
1 tsp. vanilla
1 1/3 c. coconut (4 oz.)
1 1/2 c. chopped nuts

Cream sugar, cocoa, oleo, and eggs and vanilla and mix well. Add flour, coconut and nuts. Beat for one minute or two. Bake in 9 x 13 pan at 350° for 30 - 40 minutes. When cake is done, spread one large jar Marshmallow Creme over it. Let cool.

FROSTING:
1 box powdered sugar
1 stick oleo
1 tsp. vanilla
1/2 c. canned milk
1/3 c. cocoa

Beat until smooth.

MISSISSIPPI MUD FROSTING

Pat Oakes

1 box powdered sugar
1 stick oleo
1 tsp. vanilla
1/2 c. canned milk
1/3 c. cocoa

Combine all above ingredients and beat until smooth. Spread on Mississippi mud cake when cake is cooled.

UGLY DUCKLING PUDDING CAKE

Judy Gutzmer

1 pkg. (2 layer size) yellow cake mix
1 pkg. (4 serving size) Jello lemon instant pudding
1 can (16 oz.) fruit cocktail, including syrup
1 c. Baker's Angel Flake coconut
4 eggs
1/4 c. oil
1/2 c. firmly packed brown sugar
1/2 c. chopped nuts, optional
Butter glaze

Blend all ingredients except brown sugar, nuts and butter glaze in large mixer bowl. Beat 4 minutes at medium speed on electric mixer. Pour into greased and floured 13 x 9 inch pan. Sprinkle with brown sugar and nuts. Bake at 325° for 45 minutes or until cake springs back when lightly pressed and pulls away from sides of pan. Do not underbake. Cool in pan 15 minutes. Spoon hot butter glaze over warm cake. Serve warm or cool, with Cool Whip if desired.

BUTTER GLAZE:
Combine 1/2 cup each of butter, granulated sugar, and evaporated milk in saucepan. Boil 2 minutes. Stir in 1 1/3 cups coconut. In high altitude areas, use large eggs and add 1/2 cup all-purpose flour and 3/4 cup water. Bake 350° for 50 minutes.

No matter how long your nurse a grudge it won't get better.

PECAN WHISKEY CAKE 9 servings **Blanche Hobbs**

2 c. flour
2 tsp. baking powder
1/2 c. butter, softened
1 c. sugar
4 eggs, beaten
1 tsp. freshly grated nutmeg
1/2 tsp. salt
1/2 c. blended whiskey
1 c. raisins, chopped
2 c. pecans, coarsely chopped

In bowl, toss flour with baking powder to combine; set aside. Cream butter and sugar until fluffy; beat in eggs one at a time; add nutmeg and salt. Add flour mixture alternately with whiskey, reserving 1/4 cup of the flour mixture. Blend well after each addition. Combine raisins and pecans; toss with reserved flour and fold into batter. Grease generously and lightly flour an 8 x 8 inch baking pan. Pour in batter and bake in moderately slow (325°) oven about 1 hour, until cake is firm to the touch. Cool in pan and serve in squares.

BOURBON CAKE **Blanche Hobbs**

1 pkg. (18 1/2 oz.) yellow cake mix
1/2 c. Argo or Kingsford's cornstarch
1/2 c. sugar
1 c. water
4 eggs
1/2 c. Mazola corn oil
1 tsp. vanilla

Grease 12 cup fluted or 10 inch plain tube pan. Mix cake mix, cornstarch and sugar. With mixer at low speed beat in next 4 ingredients. At medium speed beat 3 minutes. Pour into pan. Bake in 350° oven 50 to 60 minutes. Cool 15 minutes in pan. Prepare glaze. Remove cake from pan; pierce thoroughly with fork. Brush with 1/2 of the glaze. Let stand 1 hour. Repeat. Store tightly covered up to 1 week. Decorate with whipped cream and cherries.

GLAZE:
In saucepan mix 1 cup light corn syrup, 1/4 cup sugar and 1/4 cup margarine. Stir over medium heat until smooth. Remove, add 1/2 cup bourbon. For a mellow flavor, store a few days.

KIWI CAKE

Pat Oakes

1 c. all-purpose flour
1 tsp. baking powder
1/4 tsp. salt
1/2 c. milk
1 T. butter
2 lg. eggs
1/2 tsp. vanilla
1 c. sugar
6 to 8 kiwis, peeled and sliced

Grease and flour a round layer cake pan (9 x 1 1/2 inches). Stir together the flour, baking powder and salt; reserve. Into a small saucepan pour the milk and add the butter, reserve. In an electric mixer, at high speed, beat the eggs and vanilla until thickened and lemon color, about 3 minutes. Gradually beat in the sugar until mixture is very thick and ivory color about 5 minutes. At once, over high heat, bring the milk and butter just to a boil; with the mixer at lowest speed, gradually beat the hot milk mixture into the egg mixture only until smooth. Add the reserved flour mixture and beat gently just until the batter is smooth. Turn into the prepared pan. Bake in a preheated 350° oven until a cake tester inserted in the middle comes out clean 35 to 40 minutes. Place pan on a wire rack to cool for about 5 minutes. With a small metal spatula, loosen edges; turn out cake onto the wire rack; cool completely. Invert cake onto a serving plate whose edges have been lined with wide strips of wax paper. Cut the cake in half horizontally to make 2 layers. Spread part of the lemon cream over one of the layers; add a layer of kiwis; top with the other cake layer; frost the top and sides with the remaining tangy lemon cream and garnish with the remaining kiwis. Remove wax paper strips from around the plate. Chill before serving.

THREE HOLE CAKE

Ann Greenlee

3 c. flour
2 c. sugar
2 tsp. soda
1/2 tsp. salt
1/3 c. cocoa
2 tsp. vanilla
2 tsp. vinegar
3/4 c. Crisco oil

Sift all dry ingredients into a 9x13 inch cake pan. Make three holes in dry ingredients. In one hole put vanilla, in one hole put vinegar and in the other hole put Crisco oil. Pour 2 cups lukewarm water over the whole thing, and mix with a fork, do not beat. Bake at 350° for 30 to 35 minutes.

OVERNIGHT COFFEE CAKE SWIRL

Ann Greenlee

1 c. Pillsbury Best all-purpose flour
1/4 c. sugar
1/4 c. firmly packed brown sugar
1/2 tsp. soda
1/2 tsp. baking powder
1/2 tsp. cinnamon
1/4 tsp. salt
1/2 c. buttermilk
1/3 c. shortening
1 egg

TOPPING:
1/4 c. firmly packed brown sugar
1/4 c. chopped nuts
1/2 tsp. cinnamon
1/4 tsp. nutmeg

GLAZE:
1/2 c. powdered sugar
3 to 4 tsp. milk
1/4 tsp. vanilla

Heat oven to 350°. Grease and flour bottom of 9 inch round baking pan. Lightly spoon flour into measuring cup, level off. In large mixer bowl, combine all cake ingredients. Blend at low speed until moistened, beat 3 minutes at medium speed. Spread in prepared pan. Blend topping ingredients sprinkle over batter. Cover; refrigerate overnight, if desired bake immediately. Heat oven to 350°. Uncover, 20 to 25 minutes or until toothpick inserted in center comes out clean. Blend glaze ingredients until smooth drizzle over coffee cake. 6 servings.

Microwave Directions - Grease bottom of 9 inch round glass baking dish. Line with wax paper, prepare topping as directed except press into bottom of baking dish. Prepare cake as directed except spread over topping. Microwave on high for 6 to 8 minutes. Rotate 1/2 turn after 3 minutes. Let stand 1 minute before inverting into plate. Drizzle with glaze.

After we know it all, it is what we learn that really counts.

GRANDMA LOBECK'S SPICE CAKE

Ann Greenlee

2 c. flour
1 tsp. baking powder
1 tsp. soda
1 tsp. cinnamon
1/2 tsp. allspice
1/2 tsp. ground cloves

1 1/2 c. sugar
1/2 c. shortening
3 eggs
1 tsp. vanilla
1 c. buttermilk or sour milk
1/2 c. raisins
1 c. chopped nuts

Blend together the flour, baking powder, soda and spices. Combine raisins and nuts with 2 tablespoons of the dry ingredients; set aside. Gradually add sugar to shortening in large mixing bowl; cream until light and fluffy. Add eggs, one at a time, beating well after each. Add vanilla to buttermilk. At low speed, add dry ingredients alternately with buttermilk, beginning and ending with dry ingredients. Blend well after each addition. Stir in floured raisins and nuts. Pour batter into greased and lightly floured 13 x 9 inch pan. Bake at 350° for 35 to 40 minutes or until wooden pick inserted in center comes out clean. Makes 13 x 9 inch cake.

Common sense is very uncommon.

PUMPKIN CAKE ROLL Ann Greenlee

CAKE:
3 eggs
1 c. granulated sugar
2/3 c. pumpkin
1 tsp. lemon juice
3/4 c. flour
2 tsp. cinnamon
1 tsp. ginger
1/2 tsp. nutmeg
1/2 tsp. salt
1 tsp. baking powder
1 c. finely chopped nuts

FILLING:
1 c. powdered sugar
2 (3 oz.) pkgs. cream cheese
4 T. butter
1/2 tsp. vanilla

Beat 3 eggs on high speed of mixer for 5 minutes. Gradually beat in 1 cup sugar, stir in pumpkin and lemon juice. Stir together flour, baking powder, cinnamon, ginger, nutmeg, salt. Fold mixture into pumpkin. Spread in greased floured 15 x 10 x 1 inch pan. Top with nuts. Bake at 375° for 15 minutes. Turn out on towel sprinkled with powdered sugar. Starting at narrow end, roll towel and cake together. Cool then unroll. Beat filling ingredients until smooth and spread over cake and roll. Chill.

GERMAN CHOCOLATE CAKE Ann Greenlee

3/4 c. butter **or** margarine
1 2/3 c. granulated sugar
3 eggs
2 1/2 c. sifted flour
1 tsp. soda
1/2 tsp. salt
3 squares semi-sweetened chocolate
1 tsp. vanilla
1 1/4 c. cold water

Cook chocolate squares in glass measure on High power till melted. Set aside. Blend together butter, eggs, vanilla and sugar in mixing bowl; beat until light, fluffy. Add chocolate, mix well. Mix flour, soda, salt with cold water. Beat till smooth. Pour half of batter into cake pan, bake on High power 6 - 7 minutes. When cake begins to break away from dish it is done. Cool. Remove cake, clean pan, add remaining batter and repeat baking process.

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GERMAN CHOCOLATE CAKE (Continued)

TOPPING:

1 c. dark brown sugar	1 tsp. vanilla
3/4 c. evaporated milk	1 c. coconut
4 T. butter, margarine	3/4 c. chopped nuts

Combine milk, sugar, stir well. Cook 2 - 3 minutes on High till sugar melts. Add vanilla, butter, stir well. Add coconut and nuts. Ice one layer then other. Set on layer on top of other. Cool, serve.

GOLDEN CARROT CAKE **Ann Greenlee**

2 c. finely shredded carrots, about 4 med.	1 c. packed light brown sugar
1 pkg. (9 oz.) condensed mincemeat, crumbled	3/4 c. vegetable oil
1/2 c. chopped nuts	4 eggs
2 tsp. grated orange peel	2 tsp. baking powder
2 c. all-purpose or unbleached flour	1 tsp. baking soda
	1 tsp. salt

Heat oven to 325°. Generously grease and flour 12 cup Bundt cake pan or tube pan, 10 x 4 inches. Mix carrots, mincemeat, nuts and orange peel in large bowl. Stir in 1/2 cup of the flour; reserve. Mix brown sugar and oil in large bowl. Beat in eggs, 1 at a time, on medium speed unitl smooth. Gradually beat in remaining flour, the baking powder, baking soda and salt on low speed until smooth; stir in reserved carrot mixture. Pour into pan. Bake until wooden pick inserted near center comes out clean. 50 to 55 minutes. Cool 10 minutes; remove from pan. Cool completely. Spoon orange glaze over top, allowing some to drizzle down side. Store cake in refrigerator.

ORANGE GLAZE:

2 T. margarine or butter	1 c. powdered sugar
1 T. orange jucie	1 tsp. grated orange peel

Heat margarine and orange juice in 1 quart saucepan over low heat until margarine is melted; remove from heat. Mix in powdered sugar and orange peel. If necessary, stir in additional orange juice, 1/2 teaspoon at a time, until of desired consistency.

EVER-SO-EASY FRUITCAKE

Ann Greenlee

2 1/2 c. unsifted flour
1 tsp. baking soda
2 eggs, slightly beaten
1 (28 oz.) jar Ready-to-use mincemeat
1 (14 oz.) can sweetened condensed milk
2 c. (1 lb.) mixed candied fruit
1 c. coarsely chopped walnuts

Preheat oven to 300°. Generously grease and flour a 9 or 10 inch tube pan. Sift together flour and baking soda; set aside. In large bowl, combine remaining ingredients; blend in dry ingredients. Pour into prepared pan. Bake 1 hour and 50 minutes or until toothpick inserted near center comes out clean. Cool 15 minutes. Turn out of pan. Cool completely. Glaze and garnish as desired.
TIP: To store cake, cool thoroughly; wrap well in aluminum foil and refrigerator or freeze.

ZUCCHINI SQUASH CAKE

Ann Greenlee

3 eggs
2 c. sugar
1 c. Wesson oil
2 c. flour
1/2 tsp. salt
1/2 tsp. baking powder
2 c. soda
3 c. cinnamon
2 c. grated squash
1 c. nuts, pecans
1 tsp. vanilla

Beat eggs lightly, stir in oil, sugar, zucchini and vanilla. Sift flour, baking powder, soda, salt and cinnamon together. Stir in egg mixture. Blend well. Stir in nuts. Bake in 11 x 9 pan for 50 minutes at 350°. Can use 2 loaf pans.

The person too busy to be courteous is too busy.

FOUR LAYER CAKE DELIGHT

Judy Rhodes

1 c. flour
1/2 c. of oleo
1/2 c. chopped pecans
1 (9 oz.) carton of Cool Whip
1 c. of powdered sugar
1 (8 oz.) cream cheese
2 pkgs. sm. instant chocolate pudding
3 c. milk

First - Mix flour, oleo, and pecans. Press into 9 x 13 pan. Bake at 375° for 15 minutes.

Second - Beat until fluffy, 1 cup Cool Whip, powdered sugar, cream cheese then spread on the baked mixture.

Third - Whip pudding, milk, then pour onto cream mixture.

Fourth - Spread on remaining Cool Whip. Sprinkle nuts on top, if desired. Refrigerate. Any flavor of pudding can be used. Also any canned fruit or sliced bananas can be spread on after step 3.

APFELKUCHEN (Apple Cake)

Blanche Hobbs

2 c. flour
1/2 c. oatmeal
1/2 c. brown sugar
1/2 c. butter or margarine
Pinch of salt
1/2 tsp. vanilla
8 to 12 apples, sliced
1/4 c. water
1 c. sguar
2 T. cornstarch

Combine first six ingredients. Line a 9 x 12 inch pan with mixture reserving some crumbs for the top. Boil apples in water. When partly done add sugar and cornstarch. Pour into pan. Bake 25 minutes at 350°. Makes 12 servings.

RUM CAKE

Ann Greenlee

CAKE:

1 c. chopped nuts
1 (18 1/2 oz.) pkg. yellow cake mix
1 (3 1/4 oz.) pkg. instant vanilla pudding mix
4 eggs
1/2 c. cold water
1/2 c. oil
1/2 c. dark rum (80 proof)

GLAZE:

1/4 lb. butter (1 stick) 4 oz.
1/4 c. water
1 c. granulated sugar
1/2 c. dark rum (80 proof)

Preheat oven to 325°. Grease and flour 10 inch tube or 12 cup Bundt pan. Sprinkle nuts over bottom of pan. Mix all cake ingredients together, pour batter over nuts. Bake 1 hour. Cool. Invert on serving plate. Prick top. Drizzle and smooth glaze evenly over top and sides. Allow cake to absorb glaze. Repeat till glaze is used up.

Glaze - Melt butter in saucepan. Stir in water and sugar. Boil 5 minutes, stirring constantly. Remove from heat. Stir in rum.

Optional: Decorate with whole maraschino cherries and border of sugar frosting or whipped cream. Serve with seedless green grapes dusted with powdered sugar.

APPLESAUCE CAKE

Jean Sorg

1/2 c. shortening
1 c. granulated sugar
1 c. applesauce
1 c. raisins
2 c. sifted all-purpose flour
1 tsp. cinnamon
1 tsp. nutmeg
1 1/2 tsp. soda
1/2 tsp. cloves
1/2 tsp. salt
1/2 c. nut pieces

Cream shortening and sugar. Heat applesauce. Add with raisins to sugar mixture. Cool. Sift dry ingredients together and gradually beat into sugar mixture. Add nuts. Pour into greased 9 x 5 x 2 3/4 inch loaf pan. Bake at 325° for 1 hour. Turn out on rack to cool.

WACKY CAKE

Jean Sorg

1 1/2 c. flour
1 tsp. soda
1 c. sugar
1/2 tsp. salt
3 T. cocoa
1 T. vinegar
1 tsp. vanilla
5 T. melted butter
1 c. cold water

Sift flour, soda, sugar, salt and cocoa. Place mixture in greased cake pan. Make 3 places in mixture, evenly spaced. In first place put vinegar, second place put vanilla, third place put melted butter. Pour cold water over entire mixture and mix well. Bake at 350° about 30 minutes.

MIRACLE WHIP SALAD DRESSING CAKE

Jean Sorg

1 c. Miracle Whip salad dressing
1 c. sugar
2 c. flour
1 tsp. soda
1 tsp. baking powder
Dash of salt
3 T. cocoa
1 c. water

Cream salad dressing and sugar. Sift dry ingredients and mix alternately with water into creamed mixture, ending with dry ingredients. Bake at 350° for 35 minutes.

LEMON CAKE

Donna Casement

1 box lemon Jello
1 c. boiling water
1 lemon or yellow cake mix
3/4 c. salad oil
4 eggs
1 c. powdered sugar
4 to 5 T. lemon juice

Mix boiling water with Jello and let cool. Add salad oil and eggs to the cake mix. Beat well. Add Jello mixture and beat. Put in greased and floured pan and bake 30 - 35 minutes at 350°. Take out of oven and prick with fork. Mix the powdered sugar with the lemon juice and pour mixture over the hot cake.

SWEET CHERRITY PIE

Almeda Fleming

CRUST:
1 c. flour
1/2 c. chopped nuts
1/4 c. brown sugar
1/2 c. oleo

FILLING:
1 (8 oz.) pkg. cream cheese
1/2 tsp. almond extract
1/2 c. powdered sugar
1 can cherry pie filling
1 lg. Cool Whip

Crust - Mix together in pie pan, press together, if greasy add 1 to 2 teaspoons flour. Do not grease pan. Bake 375° for 15 minutes. Bake and cool. Add filling after crust cools.

Filling - Beat cream cheese, extract and powdered sugar and spread in bottom of crust. Mix cherry pie filling and Cool Whip. Add food coloring to make pinker. Chill 3 - 4 hours.

GERMAN CHOCOLATE PIE

Karen Balbierz

1 (4 oz.) pkg. German sweet chocolate
1/4 c. butter
1 (14 oz.) can evaporated milk
1 1/2 c. sugar
3 T. cornstarch
1/8 tsp. salt
2 eggs
1 tsp. vanilla
1 unbaked (10 in.) pie shell or 2 unbaked (8 in.) pie shells
1 1/3 c. flaked coconut
1/2 c. chopped pecans

Melt chocolate and butter over low heat, stirring.

Remove from heat. Gradually add evaporated milk to chocolate mixture. In separate container, thoroughly combine sugar, cornstarch and salt. Add eggs and vanilla. Gradually blend chocolate mixture into sugar mixture. Pour filling into unbaked pie shell. In a separate bowl, combine coconut and nuts. Sprinkle coconut and nut mixture over pie filling. Bake at 375° for 45 minutes. Filling will be soft, but will set when cool. Allow to cool at least four hours before serving.

CRUSTLESS APPLE PIE

Donna Casement

1 egg
1 c. sugar
1 1/2 c. diced apples
1/2 c. nuts
3/4 c. flour
1 tsp. baking powder
1/4 tsp. salt
1/2 tsp. cinnamon

Mix egg, sugar, apples and nuts together. Add flour, baking powder, salt and cinnamon. Pour into greased pie pan and bake 30 minutes in 350° oven. It will be brown.

STRAWBERRY PIE

Donna Casement

1 c. 7-Up
1 c. sugar
3 T. cornstarch

Cook this until clear. Sprinkle strawberry Jello over and let cool. Pour over raw strawberries, cut in half. Pour into baked crust. Cover with Cool Whip.

OLD FASHIONED PEACH PIE

Ann Greenlee

5 to 7 lg. fresh peaches (5 generous c., sliced)
Juice of 1/2 lemon
2/3 c. sugar
1/4 c. flour
1/2 tsp. cinnamon
1/8 tsp. nutmeg
3 T. butter, cut into bits
Dough for (9 in.) two crust pie

Line a greased 9 inch pie plate with half the pastry. Reserve remainder for top crust. Preheat oven to 425°. Peel peaches and slice into large bowl. Add lemon juice and toss gently. Add sugar, flour, cinnamon and nutmeg, and mix well. Turn into pastry and dot with butter. Roll out remaining dough. Moisten rim of bottom crust with water and put top crust in place. Trim overhanging pastry within 1 inch of edge, and fold top edge under bottom edge, pressing together to seal. Cut in a few slits in top crust to allow steam to escape. Bake 45 - 50 minutes. Serve warm. If using glass pie pans, reduce heat by 25°.

SPECIAL PIE

Ann Greenlee

3 egg whites, beaten stiff, but not dry
1 c. sugar
1 tsp. vanilla
Sprinkle of salt
20 Ritz crackers, broken up
1 c. chopped nuts

Mix together and pour into pie pans. Bake at 325° for 25 minutes. Cool and top with whipped topping.

SOUR CREAM LEMON PIE

Pat Oakes

1 c. sugar
1/4 c. butter
3 T. cornstarch
1 T. lemon rind
1/4 c. lemon juice
1 c. milk
1 c. commercial sour cream
3 egg yolks, slightly beaten
1 (9 in.) pie shell, baked
1 c. whipping cream, whipped

Combine sugar and cornstarch in pan. Add butter, lemon rind, lemon juice, milk and egg yolks. Cook and stir over medium heat until it comes to a boil and is thickened. Remove from heat and fold in the sour cream. Pour into a 9 inch baked and cooled pie shell. Top with whipped cream. Refrigerate. Maeks 6 servings.

EASY APPLE DEEP DISH PIE

Blanche Hobbs

2 (20 oz.) cans apple pie filling
1/2 c. raisins
1 c. shredded Cheddar cheese
8 oz. can quick crescent dinner rolls
2 T. sugar
1/4 tsp. cinnamon

Spoon pie filling into 11 3/4 x 7 1/2 inch baking dish. Sprinkle with raisins and cheese. Separate dough into two rectangles. Press long edges on rectangles together to form 12 x 8 inch rectangle place over filling. Combine sugar and cinnamon; sprinkle over dough. Bake at 375°, 25 minutes. Top with additional cheese slices, if desired. 8 servings.

TOASTED COCONUT PIE

Blanche Hobbs

3 eggs, beaten
1/2 c. butter or margarine
1 1/2 c. sugar
4 tsp. lemon juice
1 tsp. vanilla
1 (3 1/2 oz.) pkg. coconut (1 1/3 c.)

Combine all ingredients, pour into a 9 inch baked pastry shell. Bake at 350° for 40 - 45 minutes.

CARAMELED PECAN PIE

Blanche Hobbs

1 c. pecan halves
9 in. unbaked pastry shell
1/4 c. Kraft caramel topping
2 (8 oz.) pkgs. Philadelphia cream cheese
1/2 c. sugar
1 tsp. vanilla
3 eggs

Place nuts in bottom of pastry shell; cover with topping. Combine softened cream cheese, sugar and vanilla, mixing until well blended. Add eggs, one at a time, mixing well after each addition. Pour over topping. Bake at 325° 45 minutes. Chill. Garnish with additional nuts and drizzle with additional topping, if desired.

FRUIT COCKTAIL PIE

Judy Gutzmer

1 (No. 2) can fruit cocktail, drained
1 sm. can crushed pineapple, drained
1 can sweetened condensed Eagle Brand milk
1/4 c. lemon juice, pure
1 lg. container Cool Whip
2 graham cracker pie shells

Mix lemon juice and milk. Mix fruits with Cool Whip and fold into milk mixture. Put in 2 graham cracker pie shells and chill. Can also use regular pie shells if preferred.

STRAWBERRY PIE — Judy Gutzmer

1 c. sugar
1 c. water
3 T. cornstarch, scant
2 T. white syrup
1 box strawberry gelatin
Strawberries
Whipped cream or Cool Whip

Mix sugar, water, cornstarch and syrup. Boil 5 to 10 minutes. Add box of strawberry gelatin. Cool. Pour in strawberries and pour into pie shell and refrigerate. Top with Dream Whip or whipped cream.

PECAN PIE — Judy Gutzmer

3 eggs
1 c. sugar
1 c. light syrup
4 T. oleo or butter
1/8 tsp. salt
1 tsp. vanilla
1 to 1 1/2 c. pecans

Combine all ingredients; mix until smooth. Pour into unbaked pie shell (9 inches). Bake 45 minutes at 350°.

LEMON PIE — Freda Safstrom

1 can Eagle Brand milk
1 (6 oz.) can frozen lemonade
9 oz. Cool Whip

Mix well, and pour into baked crumb crust or baked pie crust. I grate chocolate over pie. Keep in refrigerator. It will set up in 2 or 3 hours.

The Golden Rule is an investment, Not a sacrifice.

PEACH PUDDING PIE

Patricia Redd

3/4 c. flour
3 T. oleo
1/2 c. milk
1 egg
1 sm. box vanilla pudding, not instant
1 T. baking powder
1 lg. can sliced peaches, drained, save juice
3 T. peach juice
1 pkg. cream cheese
1/2 c. sugar
1 T. sugar
1 tsp. cinnamon

Beat flour, oleo, milk, egg, vanilla pudding and baking powder for 2 minutes at medium speed and pour into greased 9 or 10 inch pie plate. Arrange peaches on top. Beat peach juice, cream cheese and 1/2 cup sugar for 2 minutes at medium speed and spread on top of peaches about 1/2 to 1 inch from edge of pan. Sprinkle top of mixture of 1 tablespoon sugar and 1 teaspoon cinnamon. Bake at 350° for 35 to 45 minutes.

ICE CREAM PIE

Freda Safstrom

3 c. cornflakes
1 stick of butter
1 c. brown sugar, packed
1 c. coconut
1/2 c. chopped nuts, optional
1/2 gal. vanilla ice cream
Chocolate or caramel topping

In a large saucepan melt butter and brown sugar. Stir in cornflakes and add coconut and nuts. Mix thoroughly, but gently. Pat 3/4 of mixture into a pie dish. Slice ice cream and mold into dish. Top with the rest of the crust mixture. Serve pie with either chocolate or caramel topping.

Don't forget the people who hold the ladder while you are climbing.

LEMON CHEESECAKE PIE

Pauline Anderson

Pie plate (9 in.)
1 c. fine graham cracker crumbs, 14 squares
3 T. sugar
1/4 c. (1/2 stick) butter, melted
3/4 tsp. cinnamon

FILLING:
1 1/2 c. cottage cheese
2 eggs
1/2 c. sugar
1/8 tsp. salt
2 T. flour
1/2 c. light cream **or** half and half
1 T. grated lemon rind
2 tsp. lemon juice

To prepare crust - In a small bowl combine crumbs, sugar and cinnamon. Stir in butter. Press mixture firmly and evenly against bottom and sides of pie plate, building up slightly around rim. Bake 5 minutes. Cool on wire rack.

To Prepare Filling - In a small mixing bowl beat cottage cheese until fairly smooth. Add eggs, sugar, salt and flour; beat thoroughly. Mix in cream, lemon rind and juice until well blended. Pour into crust. Bake 35 - 40 minutes. Cool. If desired, chill before serving.

CHOCOLATE NO BAKE COOKIES

Judy Gutzmer

2 c. sugar
4 T. cocoa
1 stick oleo
1/2 c. milk
1/2 c. peanut butter
1 tsp. vanilla
3 c. minute oatmeal

Blend sugar, cocoa, oleo and milk. Boil for one minute. Blend together peanut butter and vanilla. Pour peanut butter mixture into hot mixture. Add oatmeal, uncooked. Stir well. Drop by teaspoon on wax paper. Let cool.

CHOCOLATE COOKIE PRETZELS

Pat Oakes

2 1/2 c. unsifted all-purpose flour
1/2 c. unsweetened cocoa
1/2 tsp. baking soda
1/4 tsp. salt
2/3 c. butter or margarine
1 c. sugar
2 tsp. vanilla
2 eggs
Confectioner's sugar, cocoa glaze or peanut butter chip frosting, optional

Assemble ingredients. Combine flour, cocoa, baking soda and salt in small bowl; set aside. Cream butter or margarine, sugar and vanilla in large mixer bowl until light and fluffy. Add eggs; blend well. Gradually add dry ingredients to creamed mixture, blending thoroughly. Divide dough into 24 pieces, shape into balls 1 1/2 inches in diameter. To form twisted pretzels; with hands roll each piece into a 12 inch rope on lightly floured surface; place on ungreased cookie sheet. Cross left side of rope over to middle, forming a loop. Fold right side up and over first loop to form pretzel to shape. Place about 2 inches apart on cookie sheet. To form pretzel sticks; roll piece of dough into a 1 inch rope. Bake at 350° for 8 minutes or until set. Cool for 1 minute on cookie sheet; remove to wire rack. Sprinkle cooled cookies with confectioner's sugar, or frost with cocoa glaze or peanut butter chip frosting, if desired. About 24 pretzels, or 30 pretzel sticks.

SKILLET COOKIES

Patricia Redd

1 stick butter, melted
1 egg, well beaten
1 c. sugar
1 c. dates, cut fine
2 to 2 3/4 c. crispy rice cereal
3/4 to 1 c. pecans
1 tsp. vanilla

To the melted butter, add egg, sugar and dates. Cook in skillet for approximately 6 minutes, stirring constantly. Remove from heat. Add cereal, nuts and vanilla. Form into 1 inch balls and roll in powdered sugar or shape into logs about 2 inches in diameter and roll in powdered sugar.

CHOCOLATE COOKIES

Patricia Redd

1 pkg. chocolate cake mix
2 eggs
1 tsp. vanilla
1 T. water
2 T. melted shortening
Nuts

Blend all ingredients together and drop on prepared cookie sheet, place a pecan in each cookie. Bake at 325° for 10 to 15 minutes.

WHEAT COOKIES

Ann Greenlee

1 c. shortening
1 c. white sugar
1 c. brown sugar
2 eggs
1 1/2 c. flour
1 tsp. soda
1 1/2 tsp. salt
3 c. cracked wheat
1 tsp. vanilla

Combine all above ingredients in bowl. Roll into roll about 2 inches in diameter, chill. Slice 1/4 inch thick and bake 10 minutes at 400°. Yields 5 1/2 dozen.

PFEFFERNUESSE-HARD TYPE

Blanche Hobbs

1 lb. butter
1 qt. sweet cream
2 eggs
2 c. molasses
4 c. sugar
4 T. baking powder
1/2 tsp. oil of anise
22 c. flour
1 tsp. salt
1 tsp. cinnamon
1 tsp. cloves
1 tsp. allspice
1 tsp. black pepper
1 tsp. ginger
1 tsp. nutmeg
1 tsp. mace
1 tsp. cardamon

Cream butter and cream. Add eggs and molasses and anise oil. Combine sugar, baking powder and spices. Add to mixture. Beat in all 22 cups flour. Dough may be chilled in refrigerator overnight and kept for a week or longer in the refrigerator. Roll into long thin rolls on waxed paper. Slice in thin slices and bake on cookie sheet for 10 to 15 minutes at 350°.

LEBKUCHEN (Christmas Honey Cookies)

Blanche Hobbs

3/4 c. strained honey
1/2 c. granulated sugar
1/4 c. firmly packed brown sugar
2 eggs
2 1/2 c. flour
1 1/4 tsp. cinnamon
1/4 tsp. cloves
1/8 tsp. allspice
1/2 chopped candied citron
1/2 c. chopped candied lemon peel
3/4 c. chopped nuts, walnuts or pecans
3 c. sifted powdered sugar
1 T. grated lemon rind
3 T. milk

Preheat oven to 350°. Bring honey to boil in large, heavy saucepan. Cool. Blend in sugars. Then add unbeaten eggs, one at a time, and beat well. Sift together flour and spices. Gradually add to egg mixture, beating well after each addition. Stir in candied fruits and nuts. Spread dough into well greased jelly roll pan 10 x 15 inches. Bake in preheated oven 20 to 25 minutes. Place on rack to cool. Blend confectioner's sugar, lemon rind, and milk. Spread on cooled baked dough. Cut in bars, small squares or diagonally into diamonds.

SUGAR COOKIES

Ann Greenlee

1 c. margarine
1 tsp. vanilla
1 1/2 c. sugar
3 eggs
3 1/2 c. flour
2 T. cream of tartar
1 tsp. soda
1/2 tsp. salt

Cream butter and vanilla. Add sugar gradually, creaming till light and fluffy. Add eggs one at a time beating after each. Sift dry ingredients. Add gradually to creamed mixture. Chill 3 to 4 hours. Roll on well floured surface 1/8 to 1/4 inch thick, cut in desired shapes. Bake on ungreased cookie sheet 6 to 8 minutes at 375°.

The heaviest thing a person can carry is a grudge.

SESAME SEED COOKIES

Pat Oakes

1/2 c. butter, softened
3/4 c. sugar
1 egg
1 tsp. vanilla
1 1/3 c. flour
1 1/2 tsp. baking powder
1/8 tsp. salt
3 T. sesame seeds

Cream butter and sugar. Add egg and vanilla and beat well. Add dry ingredients and mix well. Roll in balls the size of small walnuts and roll in sesame seed, flattening cookies slightly. Put 2 inches apart on cookie sheet and bake in preheated oven 375° for 8 to 10 minutes. Remove to rack to cool. Makes about 3 dozen cookies.

SKILLET COOKIES

Pat Oakes

2 eggs
1 1/2 c. chopped dates
1 c. sugar
2 T. butter
1/2 c. chopped pecans
2 c. crisp rice cereal
1 tsp. vanilla
2 c. coconut

Combine eggs, dates, sugar and butter in medium heavy skillet. Cook over low heat until thickened, about 15 minutes; stirring occasionally and mashing dates to blend thoroughly. Remove from heat; add pecans, rice cereal and vanilla. Let cool 15 to 20 minutes. Form into 1 inch balls and roll in coconut. Store in refrigerator. Makes 40 cookies.

MOM'S OATMEAL COOKIES

Ruth Carter

1 c. shortening
1 c. each of white sugar and brown sugar
2 eggs
2 T. vanilla
1 tsp. soda
1/2 tsp. salt
1 1/2 c. sifted flour
3 c. oatmeal
1 c. nutmeats

Mix together all ingredients above. Bake at 350° for 10 to 15 minutes. 1 cup of butter may be used instead of shortening or 1/2 cup of butter and 1/2 cup of shortening, 1 tablespoon vanilla

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MOM'S OATMEAL COOKIES (Continued)

and 1 tablespoon vanilla butter nut extract may be used for 2 tablespoons vanilla or for a different taste use 1 tablespoon lemon extract and 1 tablespoon vanilla.

ICEBOX OATMEAL COOKIES **Ann Greenlee**

1 c. shortening
1 c. brown sugar
1 c. white sugar
2 eggs, beaten slightly
1 1/2 c. sifted flour
2 c. oatmeal
1 tsp. soda
3/4 tsp. salt
1 c. chocolate chips
1 tsp. vanilla

Combine all ingredients in large mixing bowl. Stir after each ingredient added. DO NOT BEAT. Drop by teaspoonfuls on ungreased cookie sheet. Bake at 350° for 7 - 8 minutes.

WHOLE WHEAT PEANUT COOKIES **Pat Oakes**

1 c. whole wheat flour
2 tsp. baking powder
1/4 c. instant non-fat dry milk powder
1/4 c. regular wheat germ
1 3/4 c. rolled oats
1 c. packed brown sugar
3/4 c. butter or margarine
1 egg
1/2 c. raisins
1 pkg. (12 oz.) peanut butter chips

Combine flour, baking powder, powdered milk, wheat germ and oats; set aside. In large bowl, cream butter or margarine and sugar. Beat in egg. Stir in flour mixture until thoroughly blended. Stir in raisins and peanut butter chips. Drop by teaspoonfuls onto lightly greased cookie sheets. Bake at 350° for 10 to 15 minutes or until top springs back when lightly touched. Makes about 3 dozen cookies.

Tolerance is the Oil that takes the friction out of life.

CHOCOLATE-OATMEAL NO BAKE COOKIES Quick and Easy **Ann Greenlee**

2 c. sugar
1/2 c. milk
1/2 c. butter
3 c. oatmeal
4 T. cocoa
1/2 c. peanut butter
1 tsp. vanilla
1 c. nuts
1 c. coconut, optional

Combine sugar, milk, butter and cocoa. Bring to boil. Remove from heat. Add the rest of mixture. Drop by tablespoons on wax paper.

COCONUT MACAROONS **Judy Gutzmer**

5 egg whites, beaten stiff
1 1/2 c. sugar, beat
1 1/2 c. coconut, beat
1 1/2 c. dry bread crumbs, mix
Vanilla

Drop on greased and floured cookie sheet. Bake till brown, about 10 minutes, in moderate oven 350° - 400°.

SUGAR COOKIES **Judy Gutzmer**

1 c. sugar
1/2 c. Crisco
2 eggs
1 tsp. baking powder
1/2 tsp. soda
2 T. water
1 tsp. vanilla
Flour

Cream sugar, Crisco and eggs together. Dissolve baking powder and soda in the 2 tablespoons water. Add this to the creamed mixture along with the vanilla. Mix. Add enough flour until you have a soft cookie dough mixture. Bake at 375° till brown.

God gives each bird the food that suits it best, But never hangs the food above the nest.

OATMEAL COOKIES (approximately 5 dozen) **Judy Gutzmer**

1 c. melted oleo
1 c. sugar
1 c. brown sugar
2 eggs
1 tsp. vanilla
2 c. flour
1 tsp. soda
1 tsp. salt
1 tsp. baking powder
3 c. oatmeal
Raisins or nuts, optional

Combine all ingredients. Drop by teaspoon on greased sheet. Bake at 425° - 450° until brown.

QUICK LEMON CRISP COOKIES **Judy Gutzmer**

2 c. sifted flour
3/4 tsp. baking soda
Pinch of salt
3/4 c. shortening
1 c. sugar
2 pkgs. (3 3/4 oz.) lemon instant pudding
3 eggs, slightly beaten

Sift flour with soda and salt. Cream shortening. Add sugar and pudding mix; cream until light and fluffy. Add eggs. Mix thoroughly. Add flour mixture. Beat thoroughly until blended. Drop from teaspoon on greased baking sheet. May be rolled in sugar. Bake at 375° for 8 - 10 minutes. Makes about 6 dozen cookies. Do not overbake.

NO BAKE FUDGE COOKIES **Patricia Redd**

2 c. white sugar
1/4 lb. butter
3 T. peanut butter
3 c. rolled oats
1/2 c. milk
3 T. cocoa
1 capful vanilla

Mix top ingredients, heat over medium heat, let come to a rolling boil for one minute. Add peanut butter, capful vanilla and oats, mix well. Drop by spoonful on waxed paper let chill.

WALDORF SALAD DROP COOKIES

Ann Greenlee

2 3/4 c. all-purpose flour
1/2 tsp. baking soda
1/4 tsp. salt
1 tsp. ground cinnamon
1 1/2 c. firmly packed light brown sugar
3/4 c. real mayonnaise
2 lg. eggs
1 tsp. vanilla
1 1/2 c. coarsely chopped unpeeled red apple
1 c. coarsely chopped walnuts
1/4 c. finely chopped celery

In a medium bowl stir together the flour, baking soda, salt and cinnamon. In the large bowl of an electric mixer at medium speed, beat together the sugar, mayonnaise, eggs and vanilla until smooth. Add flour mixture and at low speed beat until smooth. Stir in the apple, walnuts and celery. Drop by level tablespoonfuls, 2 inches apart, on ungreased cookie sheets. Bake in a preheated 350° oven until lightly browned - 10 to 12 minutes. With a wide spatula, remove to a wire rack to cool completely. Store in a tightly covered container. Makes about 4 dozen.

CHOCOLATE CHIP CHEWIES

Almeda Fleming

3/4 c. shortening
2 c. brown sugar
3 eggs
1 tsp. vanilla
2 c. flour
1/2 tsp. salt
1 tsp. baking powder
1 (6 oz.) pkg. chocolate chips

Add nuts and raisins,if you like. Mix as any cookie recipe. Spread onto large cookie sheet. Bake 350°, 12 - 15 minutes. Cool and cut into squares.

GOLDEN THUMBPRINTS

Jean Sorg

1/2 c. (1 stick) butter or margarine
1/3 c. brown sugar, packed
1 egg, separated
1/2 tsp. pure vanilla
1 c. all-purpose flour
1/4 tsp. salt
3/4 c. finely chopped walnuts
Candied cherries, jelly or melted chocolate pieces

Cream together butter, sugar, egg yolk and vanilla. Stir in

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GOLDEN THUMBPRINTS (Continued)

flour and salt. Roll into 1 inch balls. Dip into slightly beaten egg white and roll in walnuts. Place on ungreased baking sheet. Bake at 375° for 5 minutes. Remove from oven. Quickly indent each cookie center with thumb. Return to oven and bake 8 minutes longer. Cool on rack. Fill thumbprints with 1/2 candied cherry, bit of jelly or chocolate. Makes about 2 1/2 dozen cookies.

SAUSAGE DROP COOKIES **Almeda Fleming**

1 lb. bulk pork sausage
1 1/2 c. all-purpose flour
1/2 c. brown sugar
1 tsp. baking powder
3/4 tsp. salt
1 beaten egg
1/3 c. orange juice
1 tsp. grated orange peel
1/4 c. chopped walnuts

In skillet, break up sausage and cook until lightly browned. Drain sausage on paper towels, reserving 1/4 cup drippings. In a bowl, combine flour, brown sugar, baking powder and salt. Add egg, orange juice, orange peel, reserved sausage drippings, browned sausage and walnuts. Stir until just mixed. Drop mixture by spoonfuls onto baking sheet or form into small balls and place on baking sheet. Bake in a 400° oven about 12 to 14 minutes or till done. Serve warm, if desired. Refrigerate any leftovers. Makes 1 to 3 dozen.

LEMON WHIPPERSNAP **Ann Greenlee**

1 pkg. lemon cake mix
2 c. (4 1/2 oz.) carton Cool Whip
1 egg
1 1/2 c. powder sugar

Grease cookie sheet. Combine cake mix, whipped topping and egg in large bowl. Stir until well mixed. Drop by teaspoon into powdered sugar, roll to cook. Place 1 1/2 inches apart on cookie sheet. Bake at 350° for 10 to 15 minutes.

CHOCOLATE SHERRY BARS

Karen Balbierz

4 oz. baking chocolate
1 c. butter
1 c. flour
1/2 tsp. salt
4 eggs
2 c. sugar
1 tsp. vanilla

FILLING:
1/2 c. butter
4 c. powdered sugar
1/4 c. cream
1/4 c. sherry
1 c. chopped pecans

TOPPING:
2 T. butter
3 oz. semi-sweet chocolate bits
1 1/2 T. water

Melt chocolate and butter over boiling water. Cool slightly. Beat eggs until light. Gradually add sugar to eggs; add chocolate mixture. Mix flour and salt; add to mixture with vanilla. Beat one minute. Pour into greased and floured 10 x 14 inch pan. Bake in 325° oven for 25 minutes, cool.

Filling - Beat until light the butter and powdered sugar. Gradually add cream, sherry and chopped pecans. Spread over base. Chill.

Topping - Melt over boiling water. Dribble over pan of cookies. Refrigerate and when chilled cut into bars.

CHERRY SQUARES

Judy Gutzmer

1 c. margarine
1 1/2 c. sugar
4 eggs, beaten
2 c. sifted flour
1 tsp. vanilla
1 can Wilderness pie filling

In large mixing bowl cream together margarine and sugar. Add beaten eggs and flour. Mix in vanilla and blend well. Spread batter into well greased sheet cake pan. Draw lines with toothpick to form 3 x 7 squares. Spoon pie filling in center of each square. Bake at 350° for 45 minutes. Remove from oven and sprinkle top with powdered sugar.

CHEWY GRANOLA BARS

Ann Greenlee

1 c. dried mixed fruits
2 c. boiling water
4 eggs
1 c. firmly packed light brown sugar
1/2 tsp. ground cinnamon
2 c. granola type cereal
1 c. chopped cashews or walnuts

1. Preheat oven to moderate (350°). Chop fruits coarsely. Pour boiling water over fruits in a small saucepan; simmer 5 minutes; drain and cool.

2. Beat eggs in large bowl with electric mixer until frothy. Add sugar and cinnamon; beat until smooth.

3. Stir in fruits, granola and cashews. Pour into a greased 13 x 9 x 2 inch baking pan, spreading mixture evenly.

4. Bake in preheated moderate oven (350°) for 35 minutes.

5. Cool on wire rack. Cut into bars.

Preparation time: 10 minutes. Makes 24 bars for $4.39.

CREAM CHEESE BARS

Judy Gutzmer

1/2 c. margarine
1 egg
1 box yellow cake mix
1 (8 oz.) cream cheese
2 eggs, beaten
1 c. brown sugar
1 c. powdered sugar
1 tsp. vanilla

Combine margarine, 1 egg and cake mix. Spread in buttered 9 x 13 pan. Combine remaining ingredients and beat until smooth; spread on batter and bake at 325° for 45 minutes. Sprinkle with powdered sugar and cut in squares.

GRASSHOPPER LEGS Connie McCune

6 oz. pkg. butterscotch chips
6 oz. pkg. Chinese noodles
1/4 c. peanut butter

Melt together chips and peanut butter. Stir in noodles to completely coat. Drop by teaspoonfuls onto waxed paper. Allow to dry. Makes about 2 dozen. Easy for children to make.

FOOLPROOF CHOCOLATE FUDGE Ann Greenlee

3 (6 oz.) pkgs. semi-sweet chocolate morsels
1 (14 oz.) can sweetened condensed milk
Dash salt
1 1/2 tsp. vanilla extract
1/2 c. chopped nuts, optional

In heavy saucepan, over low heat, melt morsels with sweetened condensed milk. Remove from heat; stir in remaining ingredients. Spread evenly onto wax paper lined 8 inch square pan. Chill 2 hours or until set. Turn fudge onto cutting board; peel off paper and cut into squares. Cover and store at room temperature. Makes about 1 3/4 pounds.

ANISE DROPS Blanche Hobbs

3 eggs
1 1/3 c. confectioner's sugar
2 c. flour
1 tsp.anise seed

Beat the eggs and sugar for 1/2 hour. This time is quite important. Add the flour and anise seed and mix well. Drop batter from teaspoon onto greased baking sheet in drops the size of a walnut. Decorate with colored sugar. Cover with a sheet of waxed paper and let stand at room temperature 8 hours or overnight. Bake in 300° oven about 15 minutes. These should be made to store for 2 or 3 weeks before using. Keep them in a tightly covered tin box with an apple. With good luck the cookies have a hollow bubble in the top. Very different, and delicately flavored.

PEANUT CLUSTERS **Ann Greenlee**

1 pkg. almond white bark
1 (12 oz.) chocolate chips

Melt in oven 150°. Stir in 6 cups peanuts. Drop on wax paper and cool.

PEANUT BRITTLE **Ann Greenlee**

2 c. sugar
1 c. white corn syrup
2 c. raw Spanish peanuts
1/2 c. water
1 tsp. butter
1 tsp. vanilla
3 tsp. soda, generous

Cook sugar, corn syrup, and water together to 250°F **or** 121°C(or to hard ball stage if no thermometer is used). Add butter and peanuts and continue cooking until syrup is golden brown and will be quite brittle when put into cold water. Stir constantly but gently to keep peanuts from sticking to bottom of pan and burning. Remove from the fire, stir in vanilla, add soda, though quickly until it foams up, then pour out on a well oiled slab of enamel or marble if possible or a well buttered cookie sheet. Do not keep pouring it in one spot but continue in one long strip, being sure to keep it all in one piece. Do not spread it out with a knife as that breaks the pores and allows the gas formed by the action of the soda to escape thus making the candy solid rather than light. When it flattens out, cut in to pieces and turn each piece as though it were a pancake. When slightly cool, stretch each piece as thinly as possible.

The greatest mistake you can make in life is to be continually fearing you will make one.

PEANUT BUTTER CRINKLES — Blanche Hobbs

1 c. margarine
1 c. peanut butter
1 c. sugar
1 c. firmly packed brown sugar
2 eggs
1 tsp. vanilla
2 1/2 c. unsifted flour
1 tsp. baking powder
1 tsp. baking soda
1 tsp. salt
Sugar, nuts, chocolate kisses, jam or jelly

In bowl with mixer at medium speed beat first 6 ingredients until fluffy. At low speed beat in next 4 ingredients. Shape into 1 inch balls; roll in sugar. Place 2 inches apart on ungreased cookie sheets. Bake in 350° oven 12 to 15 minutes or until browned. Immediately press nuts or candies into cookies, or press with thumb and fill with jam. Cool. Store in airtight container. Makes 6 dozen. Bake up to one week ahead.

PEANUT BUTTER FUDGE — Almeda Fleming

3 c. sugar
1 stick oleo
2/3 c. milk
Dash salt
1 sm. jar Marshmallow Creme
1 c. peanut butter

Cook above until soft ball stage. Remove from heat. Add 1 small jar Marshmallow creme, and peanut butter. Pour into greased pan. Let cool. Cut in squares.

COCONUT BON BON'S — Almeda Fleming

2 c. brown sugar, firmly packed
1 c. white sugar
1 c. evaporated milk
1/2 c. butter
1 jar Marshmallow Creme, sm.
1 (12 oz.) pkg. butterscotch chips
1 tsp. vanilla
1 1/2 c. nuts
1 1/2 c. coconut

Boil 10 minutes the brown sugar, white sugar, evaporated milk, and butter. Take off heat and cool. Add Marshmallow Creme, chips, vanilla, 1 1/2 cup coconut. Beat until it looses its gloss and thickens. Drop by teaspoon on waxed paper. Makes 3 pounds.

PEANUT BUTTER BALLS

Karen Balbierz

1 stick oleo
2 c. peanut butter
1/2 box powdered sugar
4 c. Rice Krispies

Melt:
1/2 c. paraffin, candle wax
6 oz. sweet chocolate chips
2 oz. chocolate bars, candy

Mix together oleo, peanut butter, powdered sugar and Rice Krispies. Melt in double boiler paraffin, chocolate chips and chocolate bars. Stir until all melted together. Turn fire on low. Make peanut mixture into small balls and dip into chocolate. Place on wax paper until balls cool. Place in refrigerator until ready to serve.

FUDGE

Blanche Hobbs

1 lb. confectioner's sugar
1/2 c.cocoa
1/4 c. milk
1/2 c. butter **or** margarine
1 T. vanilla
1/2 c. chopped walnuts

With a whisk, blend sugar and cocoa in a 3 quart bowl. Add milk and butter. Do not stir. Microwave on high 2 minutes, then stir well. Add vanilla and nuts. Stir until well blended. Pour into buttered 8 x 8 inch dish. Refrigerate until set. Cut into squares. Freezes well.

Hope is most powerful when backed up by action.

MILLIONAIRES

Blanche Hobbs

1 pkg. (14 oz.) caramels
2 T. milk
2 c. chopped pecans
1 pkg. (12 oz.) chocolate chips
1/3 block paraffin, shaved

Unwrap caramels and place in 3 quart bowl. Add milk. Microwave on high setting for 2 1/2 - 4 minutes, stirring every minute. Stir until smooth. Add pecans, mixing well. Drop by teaspoonfuls onto parchment paper. Cool and chill. In 3 quart bowl, combine chips and paraffin. Microwave on 50% power (medium) until paraffin is melted, about 5 - 7 minutes. Stir well. Dip caramel-nut center into chocolate and return to parchment paper. Chill. Store candy in refrigerator. Freezes well.

MARSHMALLOW CHOCOLATES

Blanche Hobbs

1 pkg. (12 oz.) chocolate chips
1 pkg. (6 oz.) butterscotch chips
2 T. butter **or** margarine
1/4 c. peanut butter
1 pkg. (10 1/2 oz.) miniature marshmallows
1 c. salted peanuts

Place chips, butter and peanut butter in 3 quart bowl. Microwave on 50% power (medium) for 4 1/2 - 5 1/2 minutes, stirring after 3 minutes. Stir until smooth. Add marshmallows and peanuts. Spread in greased 8 x 8 inch dish. Cool in refrigerator. Cut into squares. Freezes well.

TINGALINGS

Blanche Hobbs

1 pkg. (6 oz.) butterscotch chips
1 pkg. (6 oz.) chocolate chips
4 c. crisp rice cereal

Place chips in 3 quart bowl. Microwave on 50% power (medium) for 4 - 6 minutes, stirring after 3 minutes. Add cereal, stirring in well. Drop by teaspoons onto parchment paper. Cool until set. Freezes well.

PEPPERMINT BARK

Blanche Hobbs

1 lb. almond bark
1 pkg. (7 oz.) peppermint candy

Break bark into pieces and place in a 3 quart bowl. Microwave on 50% power (medium) until pieces are soft, about 5 - 6 minutes, stirring after 3 minutes. While bark is melting, process peppermint candy in food processor until it is a fine powder. Add peppermint powder to melted bark and stir well. Spread on parchment paper 1/8 to 1/4 inch thick. Cool in refrigerator until hard. Break into pieces. Freezes well.

CHOCOLATE CRUNCH

Blanche Hobbs

1 pkg. (6 oz.) butterscotch chips
1 pkg. (6 oz.) chocolate chips
1 c. salted peanuts
1 c. crushed ripple style potato chips

Place chocolate and butterscotch chips in a 3 quart bowl. Microwave at 50% power (medium) for 4 - 5 minutes, stirring after 2 minutes. Stir in peanuts and crushed potato chips. Drop by teaspoonfuls onto parchment paper. Cool until set. Freezes well.

GUMDROP CANDY

Blanche Hobbs

1 lb. almond bark
3 T. vegetable shortening
1 pkg. (16 oz.) spiced gumdrops

Place almond bark and shortening in 3 quart bowl. Microwave on 50% power (medium) until pieces are soft, about 5 - 6 minutes, stirring after 3 minutes. Stir in gumdrops. Spread in 8 x 8 inch dish lined on bottom with parchment paper. Cool in refrigerator. Freezes well.

Killing time is not murder - it's suicide!

HOLIDAY DIPPED CREMES

Blanche Hobbs

4 oz. cream cheese, softened
2 T. margarine
1 1/2 T. peanut butter
1/8 tsp. vanilla
1 pkg. (1 lb.) confectioner's sugar
1/4 c. chopped pecans
1 pkg. (12 oz.) milk chocolate chips
1/2 block paraffin, shaved
Red and green decorator icing

Soften cream cheese in microwave on 50% power for 45 seconds - 1 minute. Cream together cream cheese and margarine. Add peanut butter, vanilla, pecans, and sugar. Shape mixture into balls; chill. Place chips and paraffin in 3 quart bowl. Microwave on 50% power (medium) until paraffin is melted, about 5 - 7 minutes. Stir well. Dip each cream cheese ball into chocolate. Place on parchment paper to cool. When cool, decorate with icing. Store in refrigerator. Freezes well.

FRUIT PIZZA

Connie McCune

1 roll refrigerated sugar cookie dough
6 T. sugar
2 T. cornstarch
1/2 c. currant jelly
1 pineapple slice
1 (8 oz.) pkg. cream cheese
1 (16 oz.) can apricot halves
1/4 tsp. pumpkin pie spice
1 pt. fresh or 10 oz. frozen strawberries, halved
1/2 c. fresh or frozen blueberries

Heat cookie dough at 200° - 5 minutes turn over once. Unwrap and spread onto a 12 inch greased pizza pan. Bake 375° 12 - 15 minutes. Cool. In saucepan heat cream cheese on low for 2 minutes. Stir in 4 tablespoons sugar. Spread on crust. Drain apricots, reserving 2/3 cup syrup. In saucepan combine cornstarch, 2 tablespoons sugar and spice. Stir in juice and jelly. Cook on high until boiling. Stir often. Arrange outside ring of strawberries, then apricots, blueberries, pineapple. Spoon on prepared syrup mixture to cover. Refrigerate.

CHERRY CRUNCH

Donna Casement

This was my very favorite dessert when I was growing up in Turon, Kansas. They served it at the school cafeteria.

2 c. flour
2 c. oatmeal, quick
1 c. butter or oleo
2 c. brown sugar

Mix until crumbly. Fix cherries as for a pie or use canned cherry pie filling. Put 1/2 of crunch in baking dish which has been greased. Pour in thickened cherries. Put remaining crunch on top. Bake about 350° for 35 to 45 minutes.

CANADIAN STYLE BACON AND APPLE BAKE

Blanche Hobbs

6 slices Canadian bacon, cut 1/2 in. thick
1 c. apple juice
1 T. cornstarch
1/4 c. currant jelly
1 tsp. lemon juice
6 unpeeled apple rings, cut 1/2 in. thick
Whole cloves

Combine apple juice and cornstarch. Cook, stirring constantly until thickened, and clear. Add currant jelly and heat until melted. Stir in lemon juice. Place apple rings in a greased 8 x 12 inch baking dish. Pour half of the sauce over apples. Place Canadian bacon slices on top of apple slices. Stud with cloves. Pour remaining sauce over all. Bake at 300° for 50 minutes. 6 servings.

Tolerate opinions only when facts are lacking.

POLYNESIAN PARFAITS Blanche Hobbs

2 c. shredded coconut
1/4 c. margarine, melted
1/3 c. chopped almonds or macadamia nuts
3 oz. pkg. orange flavored gelatin
1 1/2 c. boiling water
7 oz. jar Marshmallow Creme
1 c. whipping cream, whipped

Combine coconut, margarine, and nuts in skillet. Cook over low heat, stirring frequently until coconut is toasted. Cool. Dissolve gelatin in boiling water. Cool. Gradually add gelatin to Marshmallow Creme; mix until well blended. Chill until almost set; whip until light and fluffy. Fold in whipped cream. Alternate layers of gelatin and coconut mixture in dessert glasses. Chill until firm. Garnish with additional coconut, chopped nuts or whipped cream. 8 servings.

PEANUT BUTTER AND CHOCOLATE RIPPLE POPS Pat Oakes

1 pkg. (3 oz.) vanilla pudding and pie filling
2 c. milk
1 c. peanut butter chips
1/2 c. semi-sweet chocolate mini chips
1 envelope whipped topping mix
1/2 c. cold milk
1/2 tsp. vanilla
10 (3 oz.) each cold drink cups
10 popsicle sticks

Assemble ingredients. Cook pudding according to directions on package, using the two cups milk. Remove 1 cup cooked pudding to small bowl; immediately add peanut butter chips. Stir until chips are melted and mixture is smooth. Add mini chips to remaining hot pudding in saucepan; stir until mixture is smooth. Place plastic wrap in surface of both mixtures; chill slightly. Prepare whipped topping mix according to directions on envelope, using the 1/2 cup cold milk and vanilla. Add half of whipped topping to peanut butter mixture, half to chocolate mixture; blend well spoon about 1 tablespoon peanut butter mixture into each drink cup; top with 1 tablespoon chocolate mixture. Add one more peanut butter and chocolate layer. Insert popsicle stick in center. Put pops into freezer and freeze until firm, about 4 hours. Peel off paper cup to serve. Makes 10 pops.

DELICIOUS FROZEN CHERRY SAUCE

Ann Greenlee

2 (3 oz.) pkgs. cream cheese, softened
3/4 to 1 c. mayonnaise
1 (20 oz.) can crushed pineapple, drained
1/2 c. chopped pecans
2 1/2 c. miniature marshmallows
1/2 c. red maraschino cherries, halved
1/2 c. green maraschino cherries, halved
1 c. whipping cream, whipped

Combine cream cheese and mayonnaise, mixing well. Stir in next five ingredients. Fold in whipped cream. Pour into greased 8 cup ring mold, and freeze until firm. Unmold just before serving. Yield: 10 - 12 servings.

IMPERIAL PEACH SUNDAE

Ann Greenlee

1 recipe vanilla ice cream
1 1/2 c. diced fresh peaches or 1 can (16 oz.) cling peaches, diced and drained
1 c. apricot preserves
1/2 c. coarsely chopped pecans

Scoop ice cream into 6 serving dishes. In medium bowl, combine remaining ingredinets; spoon generously over ice cream.

CHERRY PUDDING

Almeda Fleming

1 c. sugar
1 c. pitted cherries, drained
1 c. flour
2 eggs
1 c. nuts
1 tsp. soda
1 tsp. vanilla
2 T. oleo
2 T. milk

Cream sugar, butter and eggs. Add milk with soda, dissolved in it. Add other ingredients, fold in drained cherries. Bake 8 x 8 pan, 350°, 35 - 40 minutes. Serve with cherry filling, made from juice of cherries.

FILLING:
1 cup sugar, 1 cup cherry juice, 4 tablespoons cornstarch. Cook till a sauce, or desired thickness. Serve with whipped cream on top. Is nice for parties.

DESSERT

Judy Gutzmer

1 c. flour
1 cube oleo
1 c. pecans, chopped
1 c. powdered sugar

1 (8 oz.) pkg. cream cheese
1 lg. container of Cool Whip
1 sm. pkg. instant chocolate pudding
2 1/2 c. milk

Mix 1 cup flour, 1 cube oleo and 1 cup pecans, chopped. Press in large pan. Bake 20 minutes at 350°. Cool completely. Mix 1 cup powdered sugar, 1 (8 ounce) package cream cheese and 1/2 of large container of Cool Whip. Spread on crust. Mix **1 small package instant chocolate pudding with 2 1/2 cups milk. Spread on Cool Whip layer. Spread remaining Cool Whip over top. Sprinkle with nuts or chocolate curls.

**Or 1 small package instant vanilla pudding.

TOM SAWYER;S MORES

Blanche Hobbs

1 pkg. (20 to 23 oz.) brownie mix

Marshmallows
1/2 c. chopped walnuts

Prepare brownie mix with nuts according to package, cool, cut into 2 inch squares for each s'more, slice brownie in half crosswise. Place bottom half of brownie on cookie sheet; top with a marshmallow. Bake at 350° until marshmallow begins to melt. Top marshmallow with remaining brownie half; press together slightly.

OLD FASHIONED ICE CREAM

Almeda Fleming

4 eggs
2 c. sugar
1/2 tsp. salt

3 c. heavy cream
1 T. vanilla
2 qts. whole milk

Beat eggs until very light. Gradually add sugar and salt. Beat mixture well. Then add cream and vanilla. Add milk last. Allow about 2 1/2 inches for swelling in the freezer can. Freeze in dasher type old fashioned ice cream freezer. Makes 1 gallon of delicious vanilla ice cream.

CORN PUDDING

Freda Safstrom

1 (No. 2) can cream corn
1 egg, beaten
1 T. butter, melted
1 T. half and half or milk
12 soda crackers, crumbled up
Salt and pepper to taste
Cornflakes

Mix all ingredients. Bake 45 minutes at 350°. Sprinkle top with cornflakes before baking.

COUNTRY APPLE BREAD PUDDING

6 servings

Blanche Hobbs

49 Kraft caramels
4 c. raisin bread cubes
1/4 c. squeeze Parkay margarine
2 T. sugar
2 T. water
1/4 tsp. cinnamon
6 apple slices
1/2 c. coarsely chopped walnuts

Melt caramels with water in saucepan over low heat. Stir occasionally until sauce is smooth. Toss bread cubes with margarine. Add combined sugar and cinnamon; mix well. In 8 inch square baking dish, layer half of apples, nuts, caramel sauce and bread cubes; repeat layers. Bake at 350°, 25 to 30 minutes or until heated thoroughly.

CREAMY CHERRY CHEESE DELIGHT

Blanche Hobbs

Pound cake slices
Soft Philadelphia Brand cream cheese
Sugar
Cherry pie filling or fruit

For each serving, spread pound cake slice with cream cheese. Sprinkle with 1/4 teapsoon sugar; top with pie filling. Garnish with sliced almonds, if desired.

TANGY LEMON CREAM

Pat Oakes

1 T. cornstarch
1/2 c. sugar
3/4 c. water
2 lg. egg yolks
Grated rind of 1 med. lemon (1 T.)
1/4 c. lemon juice
1 c. heavy cream

In a 1 1/2 quart saucepan thoroughly stir together the cornstarch and sugar; gradually stir in the water, keeping smooth. Add the egg yolks and beat gently until blended. Cook over moderate heat, stirring constantly, until mixture is clear, thickened and boiling. Off heat, stir in the lemon rind; gradually stir in the lemon juice; let stand at room temperature until cool to the touch. In small bowl whip the cream until thick; add to the cool lemon mixture and fold in until blended. Makes about 2 1/2 cups.

OLD FAMILY FAVORITE PERSIMMON PUDDING

Ann Greenlee

1 qt. persimmons
2 qts. milk
4 c. milk
1 c. sugar
1 tsp. baking soda
3 eggs, beaten
1 T. melted butter

Mash persimmons in 2 quarts milk and run through a sieve or Foley Mill. Mix all ingredients and bake at 325° for 2 1/2 hours. Stir every 15 minutes.

SEASONED POPCORN

Karen Balbierz

1/2 c. butter or margarine
1/2 tsp. onion salt
1/2 tsp. garlic salt
1/2 tsp. lemon pepper
1 tsp. dill weed
Popcorn to fill four lg. mixing bowls

Melt butter and add all seasonings. Mix well. Spoon over popcorn mixing well.

DOUBLE NUT TOPPING

Ann Greenlee

1/2 c. packed brown sugar
1/4 c. butter or margarine
1 c. flaked coconut
2 T. frozen concentrated orange juice, thawed, undiluted
1/2 c. chopped walnuts

Combine brown sugar, butter and orange juice concentrate in small saucepan; bring to boiling; cook 1 minute, stirring constantly. Add coconut and walnuts.

PEANUT BUTTER CHIP FROSTING

Pat Oakes

1 c. confectioner's sugar
1/4 c. butter or margarine
3 T. milk
1 c. peanut butter chips
1/2 tsp. vanilla

Measure confectioner's sugar into small mixer bowl; set aside. Combine butter or margarine, milk and peanut butter chips in small saucepan. Stir constantly over low heat until chips are melted and mixture is smooth; remove from heat. Add peanut butter mixture to sugar in bowl; blend in vanilla. Beat until smooth. Spread while warm. Makes about 1 cup.

COCOA GLAZE

Pat Oakes

1 1/4 c. confectioner's sugar
2 T. butter
1/4 c. unsweetened cocoa
2 T. water
1/2 tsp. vanilla

Measure confectioner's sugar into small mixer bowl; set aside. Melt butter in small saucepan over low heat. Add cocoa and water, stirring constantly, until mixture thickens. Do not boil. Remove from heat. Add chocolate mixture to sugar in mixer bowl, blend in vanilla. Beat smooth. Makes about 1 cup.

QUICK CARAMEL FROSTING — Ann Greenlee

1/3 c. butter or margarine
1 c. firmly packed brown sugar
1/8 tsp. salt
1/4 c. milk
1/2 tsp. vanilla
1 1/2 c. confectioner's sugar

Melt butter in saucepan; add brown sugar and cook over low heat 2 minutes, stirring constantly. Add salt and milk and continue stirring until mixture comes to a boil. Boil 3 minutes. Remove from heat and cool. Add vnailla; blend well. Gradually beat in the confectioner's sugar and continue beating until mixture is smooth and of spreading consistency. *Goes great with Grandma Lobeck's Spice Cake.

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LOW SUGAR

LOW SUGAR

DIABETIC COOKIES

Ann Greenlee

1 T. sweetener, sugar substitute
1/2 c. liquid shortening
1/4 tsp. cinnamon
2/3 c. water
1 c. raisins
1/4 tsp. nutmeg
1 egg
1/2 tsp. salt
1 c. flour
1 tsp. baking powder

Preheat oven at 350°. Boil sweetener, shortening, cinnamon, water, raisins, and nutmeg for 3 minutes. Cool. Mix egg and salt and then add flour and baking powder. Drop on cookie sheet by teaspoonful and bake until light brown.

MARINATED BEAN SALAD

Wilma Culbertson

1 can green beans
1 can yellow wax beans
2/3 c. cider vinegar
1/4 c. onion, chopped
2 tsp. sugar substitute
1 tsp. mixed pickling spices

Drain beans, reserve 1/2 cup liquid. Combine reserved liquid with vinegar, onion, sweetener and pickling spices. Add beans and mix well. Cover and marinate in refrigerator overnight, stirring occasionally. Yield: 8 servings.

CUCUMBER ICEBERG SALAD

Wilma Culbertson

3 T. wine vinegar
1 tsp. sugar substitute
1/4 tsp. pepper
1/4 tsp. dill weed
1/2 tsp. salt
1 lg. cucumber, peeled and cut in one half in. cubes
3 c. shredded lettuce

Mix all ingredients, except last 2, in salad bowl. Add remaining ingredients and toss lightly. Serve at once. Yield: 6 servings.

BEET SALAD Wilma Culbertson

1/2 envelope Knox unflavored gelatin
1/4 c. cold water
2/3 c. hot water
2 T. vinegar
1/4 tsp. salt
1/4 tsp. dry mustard
1 T. minced onion
1 c. cooked beets, diced
1/2 c. celery, cut fine

Soften gelatin in cold water. Add hot water, vinegar, salt, mustard and onion. When the gelatin begins to set, stir in beets and celery. Serve on lettuce, watercress or romaine. Yield: 1 serving.

CRANBERRY CHIFFON SALAD Wilma Culbertson

1 pkg. unflavored gelatin
1/4 c. cold water
2 c. whole cranberries
1 1/2 c. water
1/4 c. non-fat dry milk
1 1/2 T. sugar substitute
1/2 c. unsweetened applesauce
1/2 c. finely chopped celery
1/4 c. ice water

Soften gelatin in cold water. Combine remaining water and cranberries; cook until the skins pop. Grind berries and add soften gelatin. Stir to dissolve. Add sweetener, applesauce. Chill until mixture begins to thicken. Add celery. Combine dry milk and ice water in a small bowl. Beat on high speed of mixer until consistency of heavy cream. Fold into the cranberry mixture. Pour into mold and chill until set. Yield: 6 servings.

PIMENTO SALAD Wilma Culbertson

1 envelope unflavored gelatin
1/4 c. cold sauerkraut juice
1 c. hot sauerkraut juice
2 T. lemon juice
1 c. cabbage, cut fine
1/4 c. celery, cut fine
1/4 c. pimento, cut fine

Soften gelatin in cold sauerkraut juice; add hot sauerkraut juice and stir until dissolved. Add lemon juice and cool. When mixture begins to congeal, add cut vegetables. Pour into mold and chill until set. Yield: 4 servings.

FRESH FRUIT SALAD

Wilma Culbertson

1 T. unflavored gelatin
1/2 c. unsweetened pineapple juice
1 1/2 c. boiling water
1 tsp. sugar substitute
1 1/2 c. fresh fruit, cut into pieces, such as orange, apple, grapefruit

Soften gelatin in juice; dissolve in boiling water. Stir in sweetener. Chill until the consistency of egg white. Fold in fruit and pour into 1 quart mold. Chill until firm. Yield: 6 servings.

GELATIN FRUIT SALAD

Wilma Culbertson

1 can low calorie fruit cocktail
2 envelopes D-Zerta, raspberry
2 c. boiling water

Dissolve gelatin in water. Chill until the consistency of egg white. Fold in fruit cocktail and chill until set. Yield: 4 servings.

APPLESAUCE

Wilma Culbertson

2/3 c. = 1 fruit
2 lbs. cooking apples, pared and sliced
2 c. water
1 tsp. liquid sweetener

Combine apples with water and sweetener in saucepan. Cover and cook over low heat stirring occasionally until tender. Serve warm or cold. Yield: 4 cups.

Life is too short to be little!

APRICOT WHIP

Wilma Culbertson

2 c. size low-calorie apricots
5 egg whites, room temp.
Grated rind of 1/2 lemon
1/2 tsp. vanilla extract

1 cup = 1/3 fruit. Drain off half the liquid from apricots and puree' remainder with the apricots in blender (or force through sieve). Simmer, uncovered, to form a thick paste, stirring frequently. Chill. Beat egg whites until stiff peaks form. Fold apricot mixture, lemon rind and vanilla. Put in chilled dishes and serve. Yield: 11 servings.

SPICED CRANBERRRIES

Wilma Culbertson

3/4 c. water
2 c. cranberries
1 tsp. sugar substitute
1 in. cinnamon stick
1 tsp. whole cloves
Juice of 1/2 lemon
Grated lemon rind

Add cinnamon stick and cloves to the water and remove when the water comes to a boil. Add cranberries and cook until the skins pop. Remove from fire and add the juice and rind of 1/2 lemon. Yield: 4 servings.

CINNAMON APPLES

Wilma Culbertson

1 cinnamon stick
Red food coloring
Artificial sweetener

2 halves = 1 fruit. Wash, peel and core apples. Cook until soft in a small amount of water to which you added a cinnamon stick and red food coloring. Sweeten to taste with artificial sweetener.

APPLE BETTY FOR ONE

Wilma Culbertson

1 sm. apple, sliced
1 slice bread, cut into cubes
1 tsp. lemon juice
1 tsp. water
Cinnamon
Sugar substitute

Continued Next Page

APPLE BETTY FOR ONE (Continued)

Alternate layers of bread and apples. Sprinkle each layer with cinnamon. Mix together the lemon juice, water, and sugar substitute and pour over the apples. Bake in covered dish at 350° for 15 minutes; then uncover and bake 15 minutes longer. 1 serving = 1 bread and 1 fruit.

COLESLAW **Wilma Culbertson**

2 c. finely shredded cabbage
1/4 c. chopped green pepper
2 T. chopped green onion
1 T. radish slices
1/2 tsp. salt
3 T. vinegar
1 T. sugar substitute
1/4 tsp. celery seed

Combine ingredients in large bowl. Toss lightly. Chill. Yield: 5 servings.

PINEAPPLE GELATIN **Wilma Culbertson**

1 T. unflavored gelatin
3/4 c. unsweetened pineapple juice
1 1/4 c. boiling water
1 tsp. liquid sweetener
2 drops yellow food coloring

Soften gelatin in pineapple juice; dissolve in boiling water. Stir in sweetener and food coloring. Pour into mold and chill until firm. Yield: 4 servings.

PINEAPPLE LIME MOLD **Wilma Culbertson**

1 (No. 1 1/2 can) pineapple rings, low calorie
1 pkg. low calorie lime gelatin

Drain off liquid and leave pineapple rings in the can. Pour in prepared lime gelatin. Chill until firm. Set can in warm water for a few seconds and shake to get mold out. Slice and serve. Yield: 3 servings.

GELATIN BLANCHMANGE Wilma Culbertson

1 T. unflavored gelatin
1/4 c. cold skim milk
2 tsp. sugar substitute
1/2 tsp. salt
1 1/2 c. scalded skim milk
1 tsp. almond or mint extract

Soak gelatin in cold milk. Add sweetener and salt to scalded milk and stir until thoroughly dissolved. Add to softened gelatin and stir until dissolved. Chill until thick as unbeaten egg white. Add flavoring and beat until frothy. Pour into serving dish and refrigerate until firm. Yield: 2 cups.

CARIOCA FLUFF Wilma Culbertson

1 envelope unflavored gelatin
2 c. skim milk
2 T. cocoa
1/8 tsp. cinnamon
Dash salt
Sugar substitute to taste
1/4 tsp. vanilla

1/2 cup = 1/3 cup milk. Soften gelatin in milk. Stir in cocoa, cinnamon and salt. Heat in top of double boiler stirring constantly until the gelatin dissolves. Add sugar substitute and vanilla. Chill 1 hour. Set mixture in ice water and beat until fluffy. Spoon into molds and chill until firm. Yield: 3 cups.

CRANBERRY RELISH Wilma Culbertson

1/2 lb. raw cranberries
1 apple, sm.
1 orange, sm.
1 c. unsweetened crushed pineapple
Sugar substitute to taste

Blend or grind all the fruit. Stir in the pineapple and the sugar substitute. Chill before serving. Serving suggestion: Add 1 teaspoon of gelatin to the cranberry relish recipe and use as a spread on toast. Yield: 8 servings.

HORSERADISH SALAD DRESSING

Wilma Culbertson

1 1/2 c. buttermilk
1 T. minced parsley
1 tsp. dry mustard
2 tsp. horseradish
1 tsp. non-caloric sweetener
1/2 tsp. salt
1/8 tsp. pepper

Combine ingredients in jar; mix well. Cover and store in refrigerator. Yield: 1 2/3 cups. 4 tablespoons = 1/4 milk.

UNSWEETENED CRANBERRY SAUCE

Wilma Culbertson

3/4 c. water
2 c. cranberries
1 tsp. sugar substitute

Bring the water to a boil. Add cranberries and cook until the skins pop. Yield: 4 servings.

SALAD DRESSING

Wilma Culbertson

1 egg, beaten
3/8 tsp. non-caloric sweetener
1 T. vinegar or lemon juice

1 tablespoon = 1/3 oz. meat. Mix the ingredients together. Heat slowly, stirring constantly, until thick. Cool. Especially good on fresh fruit or shredded cabbage. Yield: 3 servings.

TANGY SAUCE OR SALAD DRESSING

Wilma Culbertson

1/4 tsp. thyme
1/4 tsp. marjoram
1/4 tsp. oregano
2 dashes hot sauce
1/2 tsp. minced garlic
1 tsp. sesame seed
1 tsp. poppy seed
Salt and pepper to taste
4 T. lemon or lime juice
2 T. vinegar
1 tsp. sugar substitute
3 T. tomato paste

Mix ingredients together. This sauce is especially tasty on chicken or hamburgers. If used as dressing, thin the mixture with lemon juice. Yield: 3/4 cup.

COOKED SALAD DRESSING

Wilma Culbertson

1/2 tsp. salt
1/4 tsp. dry mustard
1/4 tsp. paprika
Dash cayenne
2 T. vinegar
1/4 c. skim milk
1 egg, beaten
1/4 tsp. sugar substitute

Mix all ingredients and place in top of double boiler. Cook until thick. Yield: 1/2 cup.

CHEESECAKE PARFAIT

Wilma Culbertson

8 oz. cottage cheese
1 c. skim milk
1 envelope unflavored gelatin
2 eggs, separated
1/4 tsp. vanilla extract
1/2 tsp. grated lemon rind
1 1/2 tsp. sugar substitute
1 pkg. low calorie red gelatin

Put cheese and 1/2 cup milk in electric blender and blend until smooth. Put unflavored gelatin and remaining milk in top of double boiler. Add egg yolks and beat. Cook, over hot water, beating until thickened and light and frothy. Blend in cheese mixture. Add vanilla, lemon rind and sweetener. Chill until slightly thickened. Prepare red gelatin as directed on package and chill until thickened. Fold beaten egg whites into cheese mixture and divide into 8 chilled parfait glasses. Top with gelatin and refrigerate until firm. Yield: 8 servings.

CHINESE SOUP

Wilma Culbertson

2 servings -- 1 serving = 1/2 ounce meat.
2 c. clear, seasoned broth, chicken or meat
1 eggs, beaten
1 tsp. parsley, chopped

Heat broth; while boiling, pour in beaten egg slowly, stirring constantly. Add parsley and serve.

OYSTER SOUP **Wilma Culbertson**

1 oz. meat
1 c. milk

Combine 5 oysters and 1 cup skimmed milk in a saucepan. Season with salt and pepper. Heat.

WEIGHT-WATCHER'S PICKUP (Free) **Wilma Culbertson**

1 1/2 c. tomato juice
1/4 tsp. celery seed
1 tsp. chopped parsley

Yield: 3 servings. Combine all ingredients and heat. Serve hot.

TOMATO COCKTAIL (Free) **Wilma Culbertson**

1 1/2 c. tomato juice
1 tsp. celery salt
1 tsp. unsweetened lemon juice
1/4 tsp. sugar substitute
1/8 tsp. onion salt
1/8 tsp. Worcestershire sauce
1 bay leaf
Dash cayenne pepper
Dash salt

Combine ingredients. Let stand 15 minutes. Remove bay leaf. Chill.

MEXICAN CHOCOLATE (1 milk) **Wilma Culbertson**

1 T. instant coffee
1/2 tsp. vanilla
1/4 tsp. cinnamon
2 c. skim milk
1 T. cocoa
Sugar substitute to taste

Yield: 2 1/2 cups. Blend dry ingredients and add to 1/2 cup of milk. Add remaining milk and heat.

VIENNA-STYLE COFFEE Wilma Culbertson

1 cup = free. Yield: 5 cups.

3 3/4 c. water
10 T. regular grind coffee
2 cinnamon sticks
2 tsp. sugar substitute
1 tsp. orange extract
1/3 c. instant non-fat dry milk
1/3 c. ice water
1/2 tsp. vanilla extract
1/4 tsp. cinnamon
1/8 tsp. nutmeg

Measure water into percolator. Place coffee and cinnamon sticks in basket. Perk slowly 6 to 8 minutes. Remove basket. Add 1 teaspoon sweetener and orange extract to the coffee.

Topping - Combine dry milk and ice water in small mixer bowl. Beat at high speed until stiff. Blend in remaining sweetener, vanilla, cinnamon, and nutmeg. Place dab on each cup of coffee.

MILKSHAKE (1 milk and 1 fruit) Wilma Culbertson

1 c. skim milk
1/2 banana
Several ice cubes

Place the ingredients in a blender. Sweeten with non-caloric sweetener to taste. Blend until the ice is well crushed. The more ice you use, the "thicker" the shake. Top with nutmeg or cinnamon.
Variety: Strawberries, blackberries, cocoa, raspberries, peaches.

LEMONADE (Free) Wilma Culbertson

2 T. fresh strained lemon juice
Sugar substitute to taste
Water

Add enough water to the lemon juice and sweetener mixture to make 8 ounces. Add ice as desired, garnish with slice of lemon. Carbonated water may be used if desired.

COLD EGGNOG **Wilma Culbertson**

3 c. cold skim milk
3 eggs
Sugar substitute
1/2 tsp. vanilla
1/4 tsp. salt
1 c. crushed ice

1 cup = 3/4 milk and 3/4 meat. Yield: 1 quart. Mix all ingredients until smooth. Top with nutmeg or cinnamon.

COCOA (1 milk) **Wilma Culbertson**

1 1/2 tsp. cocoa powder
1 c. skim milk
Sugar substitute to taste
Dash salt
2 to 3 drops of vanilla

Add sugar substitute to 1/2 cup milk and combine with cocoa. Heat to boiling. Add remaining milk, salt and vanilla. Heat and serve. Also good cold.

TOMATO JUICE COCKTAIL (Free) **Wilma Culbertson**

1/2 c. tomato juice
1/2 tsp. Worcestershire sauce

Add salt, pepper and garlic salt to taste. Chill and serve very cold. Yield: 1/2 cup.

EGGNOG **Wilma Culbertson**

2 1/2 c. skim milk
2 eggs, separated
1 1/2 tsp. non-calorie sweetener
1 tsp. vanilla
1/4 tsp. nutmeg
1/8 tsp. salt

1 cup = 1 milk and 2/3 ounce meat. Yield: 3 cups. Combine in mixing bowl milk, egg yolks, sweetener, vanilla, nutmeg and salt. Beat well. Chill. Before serving, beat egg whites until soft peaks form. Fold into eggnog. Sprinkle with additional nutmeg. Serve immediately.
Variety: For a chocolate eggnog, add 1 teaspoon cocoa per serving.

MULLED CRANBERRY DRINK **Wilma Culbertson**

1 cup = 1/6 fruit. Yield: 1 quart.

2 c. low calorie cranberry juice cocktail
1 1/2 c. water
1/3 c. unsweetened grapefruit juice
2 tsp. liquid sweetener
1/4 tsp. cinnamon
1/4 tsp. cloves
1/8 tsp. allspice
1/8 tsp. salt

Combine ingredients in saucepan. Heat to boiling. Serve.

HOT MOCHA (1 cup = 1 milk) **Wilma Culbertson**

2 T. cocoa
1 1/2 T. instant coffee
2 tsp. sugar substitute
1/8 tsp. salt
1/3 c. water
2 c. skim milk
1/3 c. instant non-fat dry milk
1/3 c. ice water
1/2 tsp. vanilla

Combine in saucepan cocoa, coffee, 1 1/2 teaspoon sweetener, salt and water. Cook over medium heat, stirring constantly until mixture comes to a boil. Add milk. Heat just to the boiling point.

Topping - Combine dry milk and ice water in small mixer bowl. Beat at high speed until stiff. Blend in remaining sweetener and vanilla. Pour hot milk into mugs and top with whipped cream topping. Yield: 4 cups.

STRAWBERRY MILK **Wilma Culbertson**

1 cup = 1/2 milk and 1/3 fruit. Yield: 2 cups.

1 c. skim milk
3/4 c. strawberries, mashed
Sugar substitute to taste
1 tsp. lemon juice
1 c. crushed ice

Mix all ingredients together and top with grated nutmeg.

* * * * *

MISCELLANEOUS

MISCELLANEOUS

DEVIL'S ISLAND EGGS

Blanche Hobbs

6 hard cooked eggs
2 crisply cooked bacon slices, crumbled
1/3 c. Kraft Thousand Island dressing

Cut eggs in half. Remove yolks; mash. Add bacon and dressing; mix well. Refill egg whites. Garnish with pimento or parsley, if desired.

PICANTE ' SAUCE

Connie McCune

4 lg. cans whole peeled tomatoes
1 lg. onion
1 spoonful Mexican seasoning
7 jalapeno peppers or green chilies to taste
2 cloves garlic
4 tsp. chili powder
2 tsp. salt

Mix above in a blender. Cook over medium heat 3 - 4 hours. Serve with tortilla chips.

PINEAPPLE SAUCE

Pat Oakes

1/2 c. sugar
1 T. cornstarch
1 c. pineapple juice
3 T. butter
1 T. orange juice

Heat sugar, cornstarch and pineapple juice in double boiler over hot water until it thickens. Remove sauce from heat and beat in butter and orange juice. Serve while warm. Makes about 1 cup.

Practice is the best of all instructors.

TACO SAUCE OR ENCHILADA SAUCE

Judy Gutzmer

1 kettle full of tomatoes
2 1/2 c. ground onions
2 1/2 c. ground bell peppers
5 to 6 banana peppers
5 to 6 chili peppers
1/4 c. pickling salt

Cook tomatoes for at least 15 minutes and then drain off at least half of the juice. Add onions, bell peppers, banana peppers, chili peppers and salt. Cook down until the consistency you want then put in jars. Process in water bath for 10 minutes for either pints or quarts.

DIJON MUSTARD BUTTER

Pat Oakes

1 lb. sweet butter
4 T. Dijon or other mustard
1 T. lemon juice
Dash Worcestershire sauce

Soften butter; blend in remaining ingredients and mix thoroughly. Divide into 4 portions, wrap for freezer and freeze. To use, soften and spread over fish or shellfish before baking, broiling or microwaving. Can be used with meats and poultry as desired.

GALLANT GREEN LEAF DRESSING

Pat Oakes

1/3 c. cider vinegar
1 egg
1 T. bold and spicy mustard
1 T. sugar
1 tsp. paprika
1/2 tsp. salt
1/8 tsp. cayenne pepper
3/4 c. oil

In blender, container, combine vinegar, egg, mustard, sugar, paprika, salt and cayenne pepper. Blend to mix well. With blender on low, slowly add oil in a steady stream. Blend until oil is incorporated and dressing looks creamy. Serve on minced green salad. Refrigerate leftovers. Makes about 1 1/3 cups dressing.

BLUE CHEESE DRESSING

Blanche Hobbs

2 c. real mayonnaise
1/2 c. dairy sour cream
1/4 c. vinegar
4 tsp. sugar
1/2 tsp. dry mustard
1/2 tsp. garlic powder
1/2 tsp. onion powder
4 oz. blue cheese, crumbled

Mix first 7 ingredients; stir in cheese. Cover; refrigerate at least 2 hours. Makes 3 cups. Keeps well in refrigerator two or three weeks.

HOT DOG RELISH (5 pints)

Judy Gutzmer

5 c. cucumbers, ground
3 c. onions, ground
3 c. celery, chopped fine
2 hot peppers, red
2 sweet mango peppers, red or green
3/4 c. salt
1 1/2 qt. water
1 qt. vinegar
3 c. sugar
2 tsp. mustard seed
2 T. celery seed

Mix 3/4 cup salt with 1 1/2 quarts of water. Pour over cucumbers, onions, celery and peppers. Let stand overnight. Drain and boil 10 minutes in 1 quart vinegar, 3 cups sugar, 2 teaspoons mustard seed and 2 tablespoons celery seed. Seal in pint jars while still hot.

GARDEN RELISH (Makes about 9 pints)

Judy Gutzmer

4 c. green tomatoes, ground
4 c. cabbage, ground
4 c. onion, ground
12 green peppers, ground, sweet peppers
6 red peppers, ground, sweet peppers
1/2 c. salt
6 c. sugar
4 c. vinegar
2 c. water
1 T. celery seed
2 T. mustard seed
1 1/2 tsp. turmeric

Sprinkle salt over ground vegetables and let stand overnight. Drain and rinse. Combine sugar, vinegar, water and spices. Pour over ground vegetables and boil 3 minutes. Pack in jars while hot and seal.

ZUCCHINI RELISH (6 - 8 pints) **Judy Gutzmer**

10 c. ground zucchini
5 c. ground onions
5 T. salt, not iodized
2 1/4 c. white vinegar
4 1/2 c. sugar
1 T. nutmeg
1 T. dry mustard
1 T. turmeric
1 T. cornstarch
1/2 tsp. pepper
2 tsp. celery salt
1 green pepper
1 red pepper

Put first 3 ingredients in large bowl. Let stand overnight. Drain and rinse in cold water. Drain again and put in large kettle with remaining ingredients. Bring to boil and simmer uncovered, stirring occasionally, 30 minutes or until of desired consistency. Pour into hot jars which have simmered 20 minutes. Seal with lids and process in hot water bath for 5 minutes.

FREEZER PICKLES **Crisp, tasty and easy** **Almeda Fleming**

8 c. sliced cucumbers, peeling on
1 c. celery, diced
1 c. green pepper, diced
1 c. onions, diced
2 T. salt
2 c. sugar
1 c. white vinegar
1 tsp. celery seed
1/2 tsp. mustard seed

Sprinkle 2 tablespoons salt over the cucumbers, celery, green pepper, and onions. Let stand for 3 hours. Drain. Combine sugar, vinegar, celery seed and mustard. Dissolve the sugar in the cold vinegar about 3 hours, let set while waiting on the cucumbers. Add the vegetables. Spoon into containers. Will keep 6 months or longer in the freezer or will keep in the refrigerator. They are better if frozen before using.

HEINZ SWEET PICKLES **Judy Gutzmer**

Cucumbers, very sm. are the best
Salt
Water
Alum
2 1/2 qts. vinegar
6 c. sugar
1 stick cinnamon
1 tsp. cloves

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HEINZ SWEET PICKLES (Continued)

Wash cucumbers and soak in brine of 1 pint salt to each gallon of water for 1 week. Drain and cover with hot alum water (1 tablespoon alum to each gallon of water). Let stand 24 hours. Drain and cover with boiling water for 24 hours. Drain and cover with this hot liquid - 2 1/2 quarts vinegar, 6 cups sugar, 1 stick cinnamon and 1 teaspoon whole cloves. In 3 days pour off liquid and reheat. Add 1 cup sugar to each 2 1/2 quarts of liquid. Repeat this process 3 more days in a row. Each time adding the 1 cup sugar to each 2 1/2 quart of liquid.

These pickles need not be sealed but for safety sake I would recommend putting in jars while still very hot and sealing.

**If you put the cloves and stick cinnamon in a cloth and tie it shut it is easier to handle each time you have to transfer the liquid.

BREAD AND BUTTER PICKLES **Judy Gutzmer**

1 gal. cucumbers, sliced thin
1/2 doz. onions, sliced thin
1 qt. vinegar
2 c. sugar
1 tsp. turmeric
1 tsp. celery seed
1 tsp. ginger
1/2 tsp. salt
1 1/2 tsp. black pepper

Put 2 tablespoons salt on sliced cucumbers and onions and let stand for 1 hour. Drain and add the vinegar, spices and sugar. Bring to a boil for 7 minutes. Put in jars and seal while hot.

No one can make you feel inferior without your consent.

MIXED VEGETABLE PICKLES

Judy Gutzmer

Cauliflower, cucumbers, carrots, peppers, etc.
Water
Salt
Vinegar
Sugar
Dill
Garlic

Cut vegetables into pieces. Mix 1 quart water and 1/4 cup salt. Pour over cut vegetables and soak overnight. Drain and wash well. Bring to a boil 1 quart water, 2 cups vinegar, 1/4 cup salt, 2 tablespoons sugar. Put dill and garlic in jars along with cut vegetables. Pour boiling liquid in jars and seal.

CINNAMON CUCUMBER RINGS

Judy Gutzmer

2 gal. sliced cucumber rings, about 15 lg. cucumbers
2 c. dehydrated lime
8 1/2 qts. water

SOLUTION TO COLOR:
1 c. vinegar
1 T. alum
1 sm. red food color

SYRUP:
2 c. vinegar
2 c. water
6 c. sugar
8 sticks cinnamon
1 pkg. of red hots

Peel cucumbers and cut center out. Put in stone jar. Mix lime and water and pour over. Soak rings in lime water 24 hours. Drain and wash in cold water. Repeat washing as much as necessary. Mix the solution to color together and add enough water to cover slices. Heat and simmer 2 hours, or until colored, then drain. Put back in stone jar. Make the syrup solution and bring to a boil. Pour over them. Each day for 3 days, pour off syrup and reheat and then pour back on the rings. After third day pack in jars and seal hot.

PICKLED BEETS (6 pints) **Judy Gutzmer**

Red beets
4 c. sugar
2 c. water
2 c. vinegar
1 tsp. cloves
1 tsp. allspice
2 T. cinnamon, more optional

Wash and cook beets till tender, leave several inches of stem and root. Peel. Pack in jars. Cover with liquid and seal. Liquid - 4 cups sugar, 2 cups water, 2 cups vinegar, 1 teaspoon cloves, 1 teaspoon allspice and 2 tablespoons cinnamon. Boil 10 minutes before putting on beets in jars.

DILL PICKLES (7 quarts) **Judy Gutzmer**

Sm. whole cucumbers
Dill
Onions
Garlic
Pickling salt
Vinegar
Alum
Water

Boil together 3/4 cup pickling salt, 1 quart vinegar, 3 quarts water and 1 tablespoon alum. Pack jars with approximately 2 - 3 large heads of dill, 1 - 2 slices of onion, and 2 - 3 cloves of garlic, depending on size, along with the small whole cucumbers. Pour liquid mixture boiling into jars. Use a knife along the side of each jar to remove all air bubbles from jar and make sure all pickles are covered with liquid. Put in cold pack canner with water to bottom of lids. Bring water to a boil and then shut off and let stand in canner for 20 minutes.

ADDITIONAL RECIPES

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